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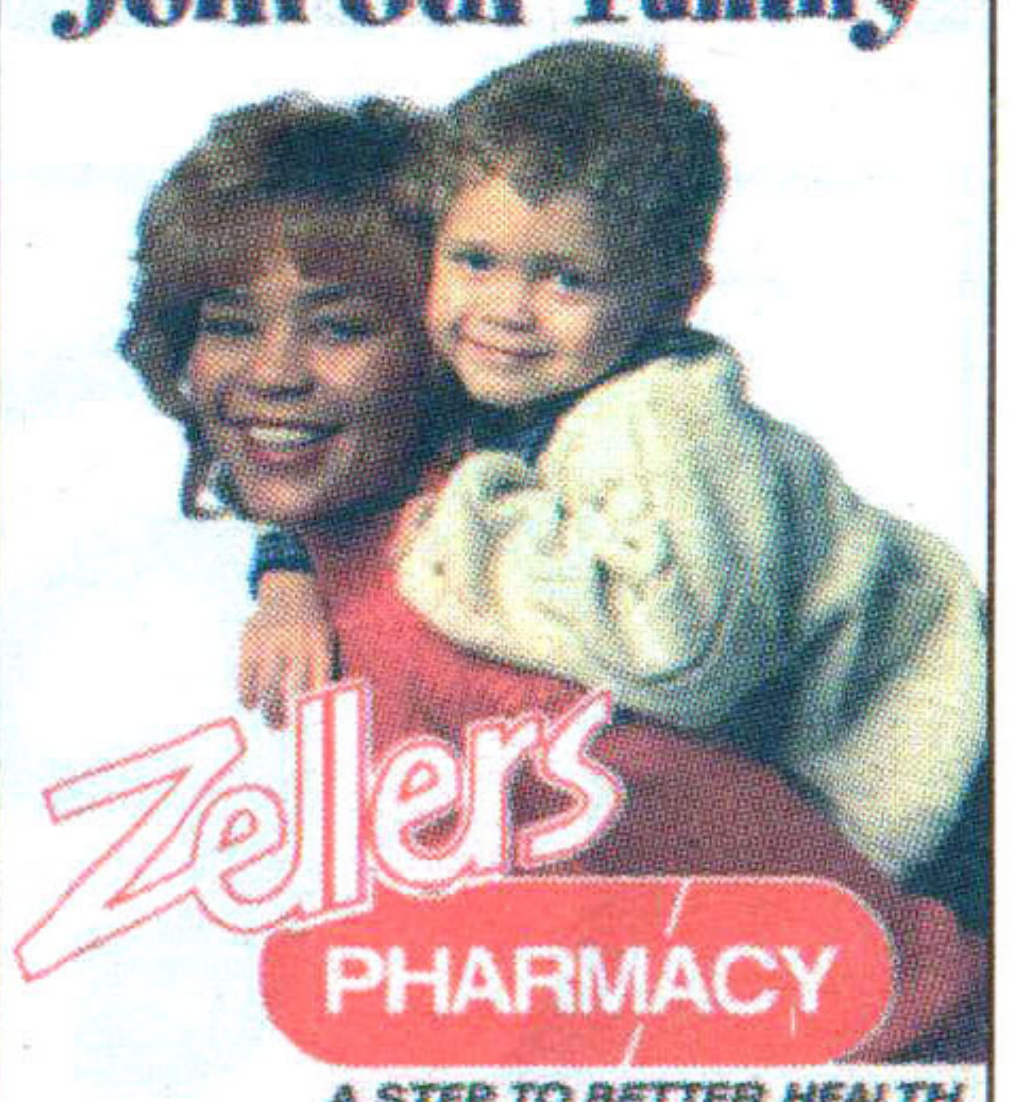

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VOL.1 ISSUE #1
NEWS & REFLECTIONS OF OUR CITY
21 July - 27 July 2005

Adoptions urged to solve animal shelter issue

Brampton's Animal Services department is filling up fast and risks overpopulation if residents do not come forward to give its cat population loving homes.

The shelter sees this challenge every summer, as it is flooded with abandoned animals, especially cats. Currently, almost every cage in the shelter is full and the shelter can not handle any more. Animal shelter workers report that they see an average of 10 cats coming into the shelter each day.

"We need good, loving homes for these cats more than ever, especially the older animals," said Tamara Taylor, Animal Services' supervisor.

Although lost or abandoned animals are a yearly concern, it seems that the summertime is particularlybusy, especially for cats. The reason, say workers, is that owners may find it hard to juggle summer holiday plans with their responsibility to look after and care for their four-legged friends.

The problem intensifies when you add in the cats' summer breeding schedules, increasing a household from one cat to four to six cats.

Look at long-term commitment before adopting

While the Brampton Animal Shelter receives funding from the city, Taylor admits that more help is needed to handle the influx of cats. She recommends that potential pet owners look at the long-term when thinking about adopting a pet, whether a cat or a dog. "Don't expect to adopt a pet and then return them to the shelter when it becomes hard work," said. "That only perpetuates the problem."

Short-term commitment with long-term benefits

If you're not able to adopt a pet, but would like to help out, Brampton Animal Services encourages people to stop by the adoption centre as a volunteer to care for the animals. Volunteers are needed as dog or cat walkers, or to give love and attention to the feline or canine residents. Volunteering may even turn the experience into a family affair, with sons and daughters accompanying the grown-ups to care for the animals, instilling a sense of responsibility before making a commitment to adopt.

The ideal situation would see a volunteer establish a relationship with an animal at the shelter and turn it into a permanent arrangement, Taylor agreed.

While older cats are in the greatest need, animals of all ages are available for adoption. The cost to adopt a cat is $110, and includes full vet exam, initial vaccines, deworming, spaying or neutering for animals over 12 weeks old (a $40 voucher is available for those under 12), microchip and registration tag.

Animal find and rescue

She also noted that owners may not know where to look for their lost pets. The first step would be for each pet to wear identification tags, or better yet, be outfitted with an electronic ID tag (included in Brampton's Animal Services adoption fee – see below). The next step would be to stop by the Brampton Animal Shelter to look for your lost pet. The shelter is located at 1945 Williams Parkway East, or visit www.adoptananimal.ca for more information.

Spay and neuter solution to overpopulation

Residents are encouraged to spay or neuter their animals to curb overpopulation. Microchips and identification tags help to find and return lost animals, and residents are encouraged to keep cats indoors and to actively search for their lost cats.

For more information, or to find out how to adopt an animal, visit the Brampton Animal Services web site, found at www.brampton.ca or call 905-458-5800.

The Brampton Animal Shelter adoption team, left to right: Pat Hume, Samantha Hamilton, Cara Irwin, Gloria Radcliffe, Daniel Lazaro, Julie Campbell, Tamara Taylor, Shona Gage and Alexis McSkimming.

Adopt me!Just two of the cats open to adoption at the Brampton Animal Shelter (far left).

India may expel Canadian missionary

Travel papers seized for Canadian president of Seventh Day Adventist

Ronald Watts, the south Asia president of the Seventh Day Adventists may face expulsion from India, the latest headache for the Canadian head of the fastest-growing Christian church in India, the church's success due to the highly successful conversion campaign.

Police were ordered to seize the travel papers for Watts, wrote Tom Blackwell in his July 20th article in the *National Post*.

The U.S.-based Adventists say they have baptized 600,000 Indians in the past five years under Watts' authority, despite tension between Hindu nationalists and Western missionaries.

Justice P.D. Dinakaran of Madras High Court in the southern state of Tamil Nadu ordered police to seize the travel documents of Mr. Watts and his wife, Dorothy, an official of the church.

It is alleged that Watts and his wife had been previously ordered out of the country in 2003 for illegally carrying out forced conversions, but had obtained illegal visas, a claim Watts denies.

As reported in the July 20th edition of the National Post.

IN BRAMPTON
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Anderson,Lee: third time around
Pamela Anderson will reportedly marry rocker Tommy Lee this week –

ICC CRICKET WORLD CUP 2007
Canada to face New Zealand, England and Kenya in pool 3
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Hot Trends-Color is in
To understand colour and how we react to it, ...

Gore Centre

PHASE-1
SOLD OUT
ONLY 4
UNITS LEFT

KNOWN AS *The* GORE PLAZA

PHASE-II
NEW
AVAILABLE

A MEGA SHOPPING CENTRE ON 10 ACRES OF LAND

SOUTH EAST CORNER OF THE GORE ROAD & EBENEZER RD. BRAMPTON (Next to Hindu Sabha Mandir)

PHASE-II

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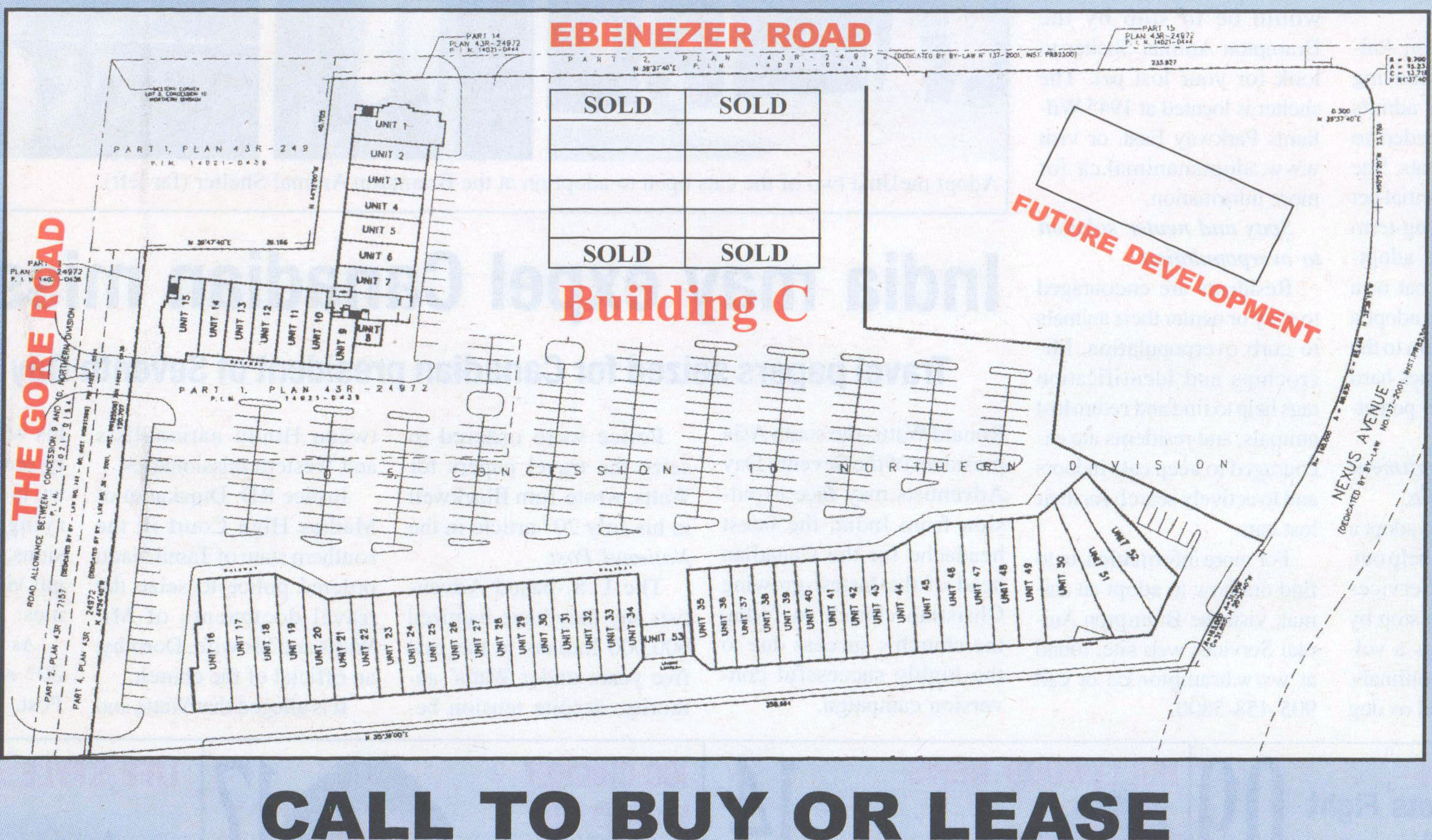

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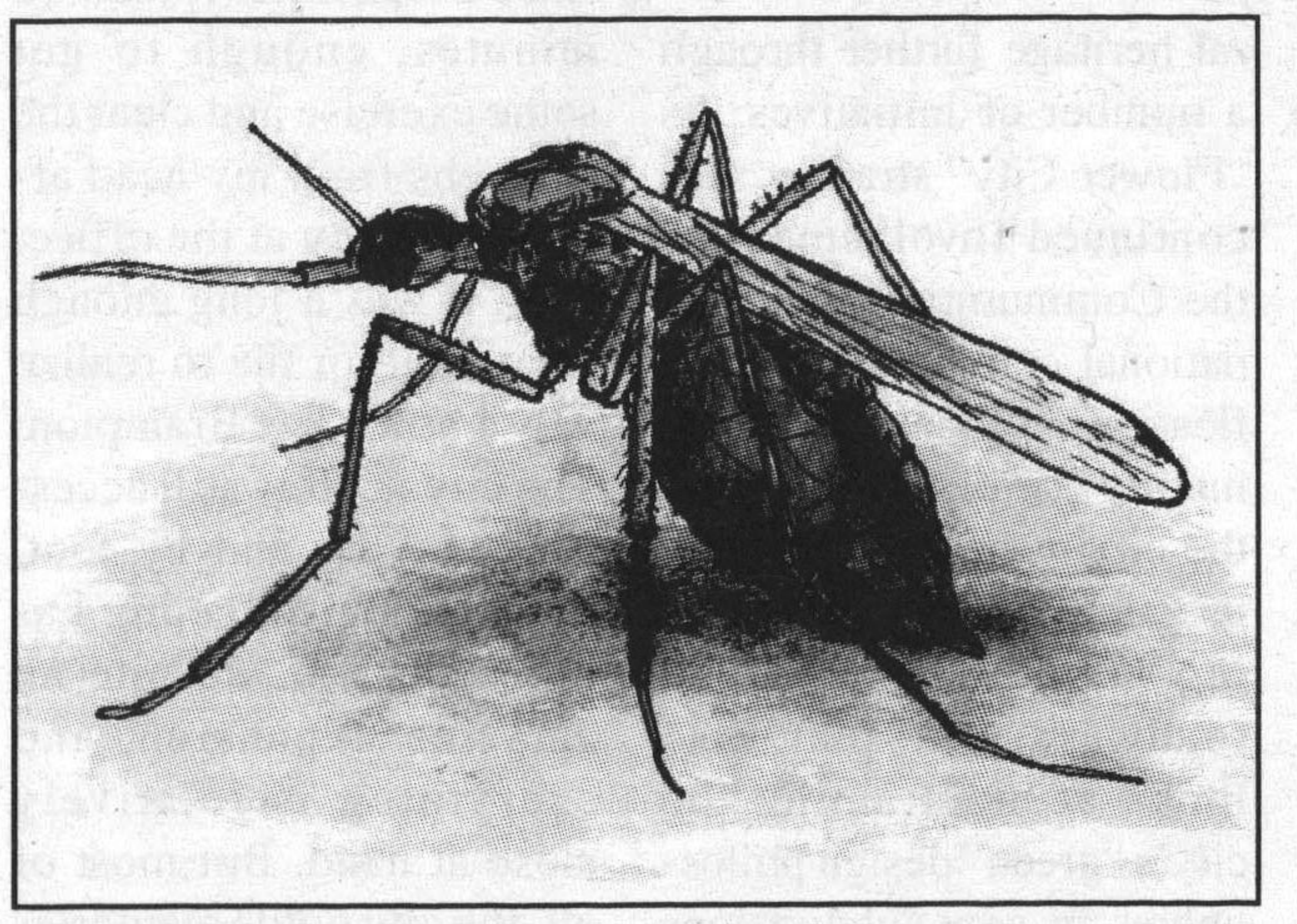
BROKERS PROTECTED

Region of Peel Reports First West Nile Virus Positive Mosquitoes for 2005



A West Nile Virus (WNV) positive mosquito batch has been found in the Region of Peel. A specimen collected in Mississauga near Lakeshore Rd. and Lorne Park Rd. on July 7 was identified as positive for WNV. It was sent to the National Microbiology Laboratory in Winnipeg for confirmatory testing. This is the first WNV-positive mosquito batch found in Peel in 2005, as well as the first one in Canada. There have been no WNV-positive birds or humans reported in Peel this year.

"The discovery of the West Nile Virus positive mosquito batch confirms that the virus is once again in Peel," said Dr. Howard Shapiro, Associate Medical Officer of Health for the Region of Peel. "We are not surprised. It was last year at this time that our surveillance program found the first positive mosquitoes."

To minimize the risk of WNV infection to residents, Peel Health has launched a WNV Prevention Plan. The plan includes public education, monitoring to identify WNV in humans, mosquitoes, crows and blue jays. As part of the mosquito reduction program larvicides are being applied to approximately 80,000 catch basins in Mississauga , Brampton and in urban areas of Caledon . The program began in mid-May, with the second round of applications now in progress. Two more rounds of larvicide application will be applied this season.

'I'd like to remind all residents to take personal protective measures against mosquito bites and to continue reducing mosquito breeding sites around their homes," said Dr. Shapiro.

Residents are reminded to:

- Avoid areas with high mosquito populations.
- Wear light-coloured clothing, including long sleeves, pants and a hat, to cover exposed skin.
- Use a mosquito repellent following the manufacturer's instructions.
- Take extra precautions at dusk and dawn when mosquito activity is higher.

´ Drain areas of standing or stagnant water on your property. Remove old tires, turn over pails, toys and wheelbarrows, and frequently change water in birdbaths. Also, keep your eavestroughs clear to avoid trapped water.

For more info rmation on WNV visit www.peelbugbite.ca or call Health Line Peel, Monday through Friday from 8 a.m. to 5 p.m. at 905-799-7700. Caledon residents call toll free at 905-584-2216.

To report dead crows, call Health Line Peel Monday through Friday from 8 a.m. to 6 p.m. and Saturday - Sunday, 10 a.m. to 5 p.m.

Council approves ski hill redesign

Brampton City Council recently agreed to proceed with a detailed redesign of the ski hill and watercourse for Donald M. Gordon Chinguacousy Park, including investigating costs to be approved in the 2006 capital budget.

The proposed ski hill expansion would more than double the hill's ski surface and increase its height by 10 metres (33 ft.) to 105 ft. The project proposal also considers various four-season uses for the hill and surrounding watercourse area.

"The ski hill is a key feature of this signature park," said Karl Walsh, director of Community Design, Park Planning and Development. "Redeveloping the ski hill allows the City to plan a concurrent project to revitalize the nearby watercourse, and to reinitiate the master plan for Donald M. Gordon Chinguacousy Park."

If approved in the City's 2006 capital budget, the ski hill project would take two years to complete and could start as early as spring 2006. The watercourse development would take place in the second year and is expected to take one year to complete.

The City is considering a variety of uses for the park and will listen to public feedback at an information session this fall. Possibilities for the park include increased snowboarding and tubing facilities, as well as spring, summer and fall uses, such as the creation of BMX trails, pathway opportunities and a Flower City feature.

Donald M. Gordon Chinguacousy Park is a 100-acre park located at Bramalea Road and Queen Street. For more information about the Chinguacousy Park Master Plan, e-mail emilio.borges @brampton.ca or call 905-874-2085.

A NEW HEALTH REVOLUTION

- by Dr. Rochak Badhwar

The paradox of our time in history is that we have, more medicine, but less wellness.

These are the times of fast foods and slow digestion, drinking to much, smoking to much, overweight bodies, and pills that do everything from cheer, to quiet, to kill.

We are fighting more wars, cancers, heart disease, obesity and less racism and discrimination.

We've added years to life not life to years

Today, you are presented with many decisions to make, on a daily basis, from the food you eat, to the way you exercise……….to the way you live your life!! Are you making the right decisions?

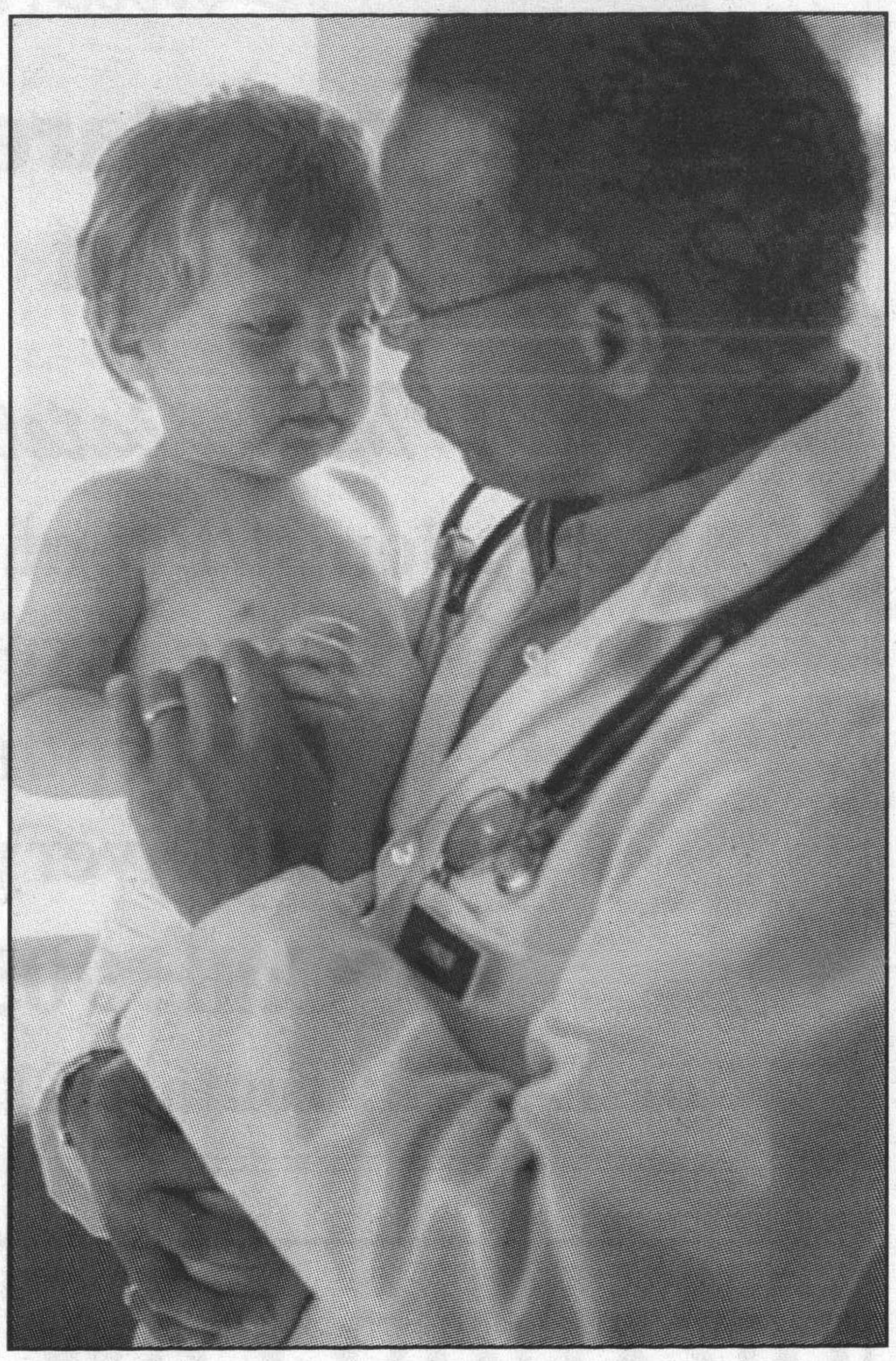
During the twentieth century, while western medicine was ignoring the importance of diet and exercise in preventing disease and aging, the amount of exercise performed by individuals declined due to labour-saving devices in the home and to the machines in the workplace. The quantity and variety of vitamins and minerals in our diets declined as food became more processed and less varied. And the percent of fat in our diets increased by 75%. These and other factors have contributed to the epidemic of obesity within our adolescent and middle aged population today……..finally calling for a ***WELLNESS REVOLUTION!!!***

Wellness is based on the belief that you carry a lifestyle that encompasses exercise, proper nutrition, supplementation and scheduled visits to wellness specialists…..then you are leading a proactive lifestyle.

Sickness Lifestyle is based on the products (drugs) and services provided retroactively to people with an existing disease, ranging from the common cold to existing cancerous tumours. These products and services seek to either treat the symptoms of disease or eliminate the disease.

Wellness Lifestyle is based on products and services provided proactively to healthy people (those without a disease) to make them feel healthier and look better, to slow the aging process or to prevent diseases from developing in the first place.

Your body has the ability to fight of illness and disease when it is functioning strong and well, ask any cancer survivor. The question lies……..how well is your body functioning? Are you extending your lifespan or shortening it?



What if you are doing everything right……are you safe from all illness's and disease? Unfortunately, the answer to this question is……NO!!! Even though wellness plays an integral part in your future health, genetics, your environment and hereditary factors are crucial contributors to disease. This is where the medical community (family physicians and specialists) are continuing to fight cancer, heart disease, diabetes and hundreds of alignments on a continuing basis. Routinely visiting your family doctor for a full physical examination or updating your blood/urine tests are defining factors to discover whether you are predisposed to disease. Fortunately, medicine has come a very long way over the years, and many procedures, surgeries and medications have been developed to fight and occasionally eliminate the disease all together.

What is the take home message here? Are you preparing your body and yourself for the future? Are you carrying out a healthy lifestyle, eating the proper foods, taking the right supplements, dealing with stress, exercising to your potential, taking care of your joints, spine and organs?? Are you overweight? What is your body composition of fat vs. muscle? Do you have food sensitivities or any allergies? Do you know if you are predisposed to certain diseases because of you family history, environment or genetics. If you don't have the answers to many of any of these questions, then your health is at risk…….and you need to enter the new age of ***HEALTHY MEDICINE!!!***

A new medical centre in the heart of North Brampton located in the **Gore Professional Centre** (4515 Ebenezer Blvd, and is launching the new revolution of complete ***Healthy Medicine!*** **Gore Family Doctors, Gore IDA Pharmacy and Healthy Lifestyle Rehabilitation and Wellness Centre** is devoted to providing patients and clients with all the right answers in order to follow a path of healthier living. At this centre all medical professionals, are working in conjunction with pharmacists, chiropractors, dietitians, massage therapists, personal trainers, physiotherapists and various other members of the health team ; providing patients with the opportunity to experience a holistic lifestyle. The offices are equipped with state of the art medical equipment with the opportunity to take personal training lessons, and participate in dance and fitness classes (yoga, Pilates, aerobics, etc). With a blood lab, ultrasound, EKG and various other testing devices site, the doctors are able to provide you with immediate and most of all definite direction pertaining to your information. The IDA Pharmacy makes it safe and convenient to purchase all your prescriptions with both qualified and friendly staff. Due to the symbiotic nature of the clinic, the medical staff and pharmacists both work towards understanding patient needs.

This is a new age of welcoming all facets of health: wellness, medicine and patient knowledge. This medical center is an environment which is exposes the community to attain personal, emotional, physical and psychosocial health. …….What are you doing for yourself and your family? Are you ready to make a change!

The Brampton Bulletin
NEWS & REFLECTIONS OF OUR CITY

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City's greenbelts hold childhood memories

By Linda Erskine

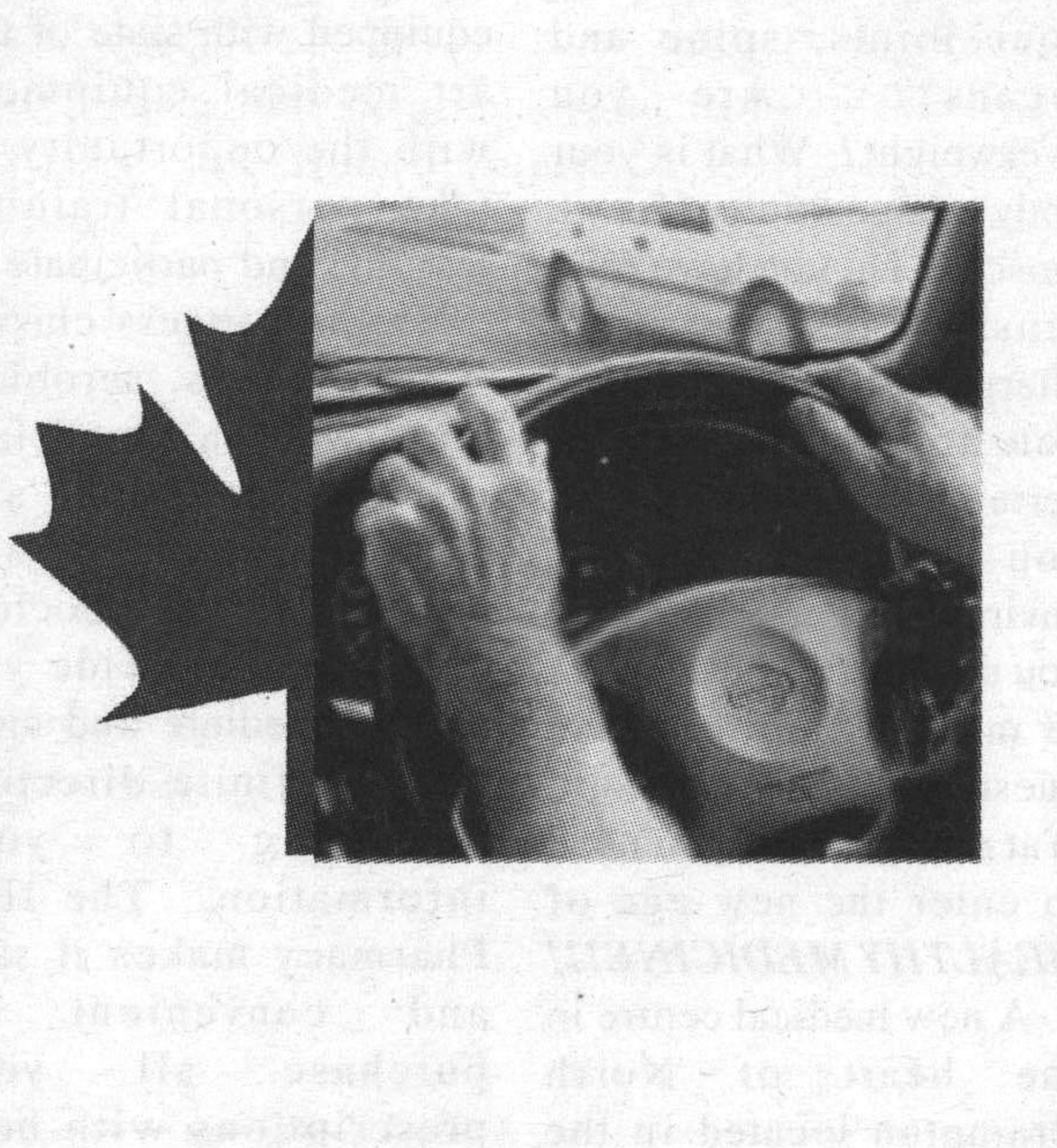
I've lived in Brampton all of my life. I've tried to leave, honest. What has held me back from picking up my belongings and moving out of the city walls? When I was younger, it was money. I was just starting out in my chosen profession (journalism), I had a few school loans to repay, a car to buy and rent at my parent's three-bedroom house was still cheap. So I stayed, and months grew into years, and now at 34, I find myself still living in our fair city – minutes from my childhood home.

When I was younger, I was embarrassed to say I was from Brampton. Going to school in Toronto, anything outside of the GTA was considered "boonyville." So, I usually skirted the issue. "Just outside of Toronto," I would answer, and usually that was enough. Really, I had nothing to be embarrassed about. Brampton was only 20 minutes from everything, accessible by every major highway – and we still had green space where Toronto had virtually none.

It's this green space that has kept me here – the network of parks that can stretch a 10-minute walk into an hour's jaunt. Formerly known as "Flowertown," the City of Brampton has worked hard in recent years to retain that moniker. In fact, the city was recognized for its efforts in the 2004 Communities in Bloom program, receiving the National Capital Commission Floral Displays Award. And, it also promoted its floral efforts at Canada Blooms: The Toronto Flower and Garden Show, held in downtown Toronto this past March.

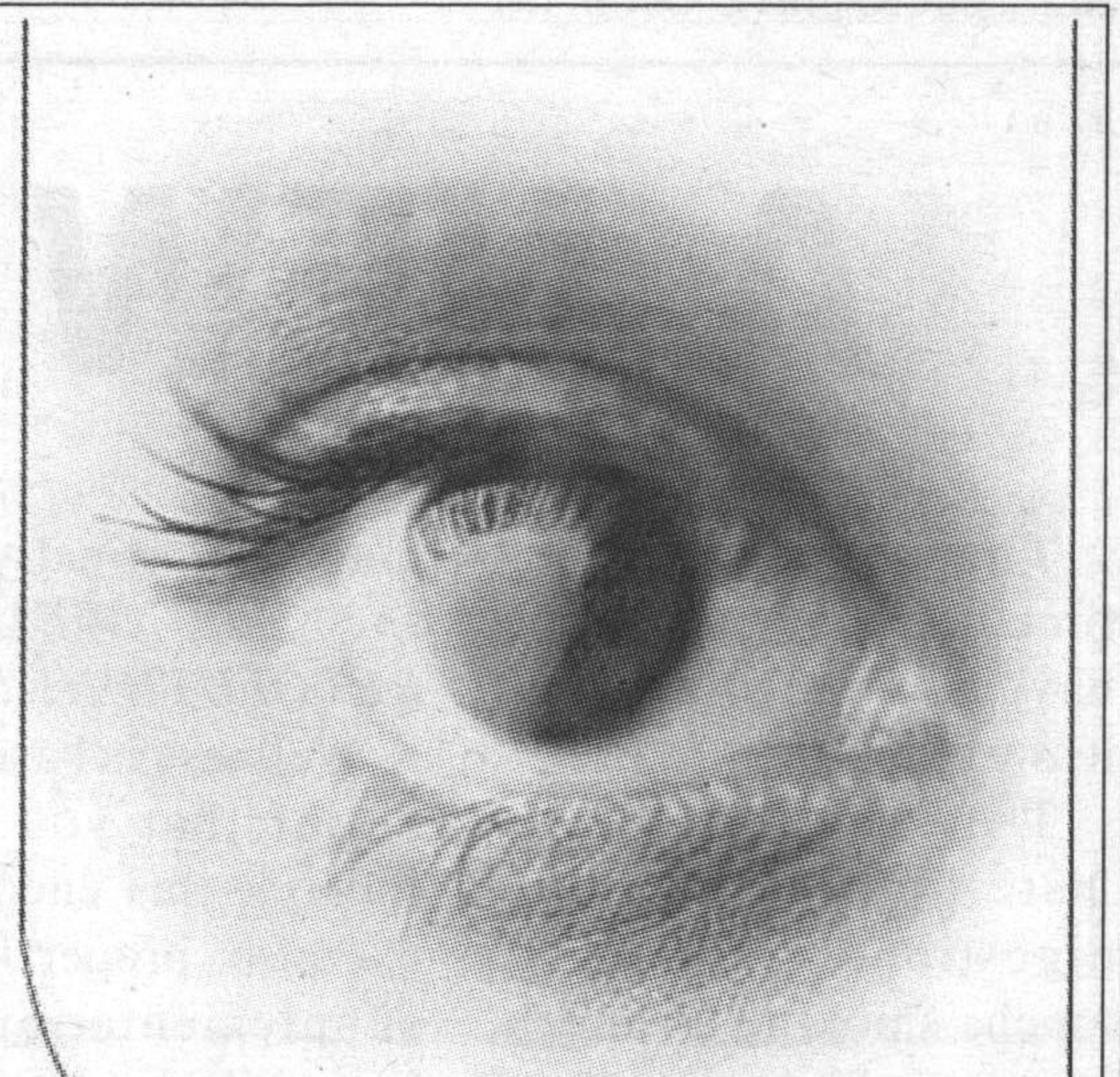
Brampton has always had green space – its greenbelt connects neighbourhoods throughout the city, and city council has promised to promote and reinvest in its floral heritage further through a number of initiatives. Its "Flower City" strategy sees continued involvement in the Communities in Bloom national community beautification program, and community partnership to build the city's character through its gateways, new and existing neighbourhoods and roadways. The plan also looks at maintaining the city's "green" design philosophies in new subdivisions and business areas. Tourism dollars will surely follow, with the city organizing flower festivals, cultural events and the promotion of Brampton's destination parks. Build it and they will come – and the city hopes they come in droves to discover Brampton's charms.

I've always known about its charm, and perhaps that's the spell Brampton holds over me. I went for a walk last night, through the same greenbelt areas I've walked since I was little. It took 40 minutes, enough to get some exercise and clear the cobwebs from my head after a long day at the office. And, it was a long enough excursion for me to realize why I never left Brampton. The city itself is still accessible, by car and by foot. Its community feeling has not been lost, despite an amazing expansion, and everything is relatively close at hand. But most of all, the city holds memories – of a visit to Chinguacousy Park to see the farm animals, a run through Gage Park and swimming with friends at Professor's Lake. It also reminds me of a time when I could play without abandon until the streetlights came on, and where a stretch of green meant an impromptu soccer match or game of tag. It's where I came from, and I wouldn't trade that for anything.



A reminder for Canadians for Safe and Sober Driving

DON'T DRINK AND DRIVE !



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* * *

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* * *

Frequently Called Phone Number

City Hall Main Switchboard	**(905) 874-2000**
Animal Services	(905) 458-5200
Brampton Library	(905) 793-4636
Building	(905) 874-2401
By-Law Enforcement	(905) 458-3424
City Clerk's	(905) 874-2100
City Manager's Office	(905) 874-2625
Council Offices	(905) 874-2616
Economic Development	(905) 874-2650
Fire and Emergency Services	(905) 874-2700
Heritage Theatre Box Office	(905) 874-2800
Human Resources	(905) 874-2150
Information Technology	(905) 874-2010
Legal Services	(905) 874-2675
Licensing	(905) 874-2580
Mayor's Office	(905) 874-2600
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Parks Maintenance	(905) 874-2906
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Urban Design	(905) 874-3453

Scheduled Road Closures - North West Sector For Inquiries please call (905) 874-2500.

STANWELL DRIVE

Between house numbers 1 to 59

Starting: July 23, 2005 Ending: July 23, 2005

Comments: Stanwell Drive between house numbers 1 to 59 will be closed on Saturday, July 23, 2005 from 3:00 p.m. to 12:00 a.m.

CORDGRASS CRESCENT

Between house numbers 57 to 74

Starting: July 30, 2005 Ending: July 30, 2005

Comments: Cordgrass Crescent between house numbers 57 to 74 will be closed on Saturday, July 30, 2005 from 2:00 p.m. to 6:00 p.m.

CREDITVIEW ROAD 750 Metres North of Steeles Avenue

Starting: July 4, 2005 **Ending:** September 15, 2005

Comments: Creditview Road will be closed approximately 750 metres north of Steeles Avenue at the old Homesteaders Concrete Arched Bridge from July 4, 2005 to September 15, 2005 for bridge rehabilitation. There will be no through access, local traffic only will be accomodated.

HALLSTONE ROAD WEST
From Mississauga Road to Financial Drive

Starting: July 11, 2005
Ending: November 7, 2005

Comments: Hallstone Road West from Mississauga Road to Financial Drive will be closed from July 11, 2005 to November 7, 2005 due to the reconstruction of the road. Click here for futher information on this project.

MAIN STREET SOUTH
From Queen Street to John Street

Starting: June 18, 2005
Ending: October 8, 2005

Comments: Main Street South from Queen Street to John Street will be closed on consecutive Saturdays from June 18, 2005 to October 8, 2005 from 6:00 a.m. to 1:30 p.m. for the Farmers' Market.

Events Bulletin

WHAT'S ON

22-25, 29 - Aug. 1, & 5 – 8 "All's Well That Ends Well" Shakespeare in the Square
Cost : Free
Location: City Hall, Whillans Square
Contact : City of Brampton Theatre Office
Phone : (905) 874-2800

Bring your lawn chair and enjoy Brampton's talented actors as they preform Shakespeare in their own way.

Every Saturday Brampton Farmers' Market
Time : 7am - 1pm **Cost:** Free Entrance
Location: Main Street, Between Nelson West and John, in Downtown Brampton
Contact : Economic Development Office
Phone : (905) 874-2650

Fresh local produce, baked goods, art and crafts.

* * * * *

07/23/2005: Realtors Ride for Habitat for Humanity

BREB will be hosting a Charity Poker Run (Motorcycle) to raise proceeds to be donated to Habitat for Humanity. Please call The Brampton Real Estate Board (905)791-9913 for more information.

* * * * *

07/23/2005: REALTOR's Ride For Humanity
The Brampton Real Estate Board is hosting a charity motorcycle (poker) run to help support Habitat for Humanity on July 23rd, 2005. Registration and breakfast will take place from 10:00am-12:00pm at the BREB office (35 Van Kirk Drive, Unit #10) Rides will start out at 11:00am. Last ride in will be at 5:00pm. All are welcome to join us at Chinguacousy Park (Queen & Bramalea Rd.)for the after party. BBQ provided by the Outback Steakhouse (410&Queen location)Enjoy live entertianment, raffles, lots of door prizes...and much much more! This event is supported by the City of Brampton. For more info, please call the Board Office (905)791-9913 or e-mail info@breb.org

* * * * *

07/29/2005: Provincial's Inline Hockey Tournament
Brampton Inline Hockey will be hosting the Provincial's Tournament from July 29th - 31st, 2005. Action will take place at South Fletcher's, Chris Gibson and Ken Giles recreation centres. For more information please call (905)453-1617.

* * * * *

CITY OF BRAMPTON
www.city.brampton.on.ca

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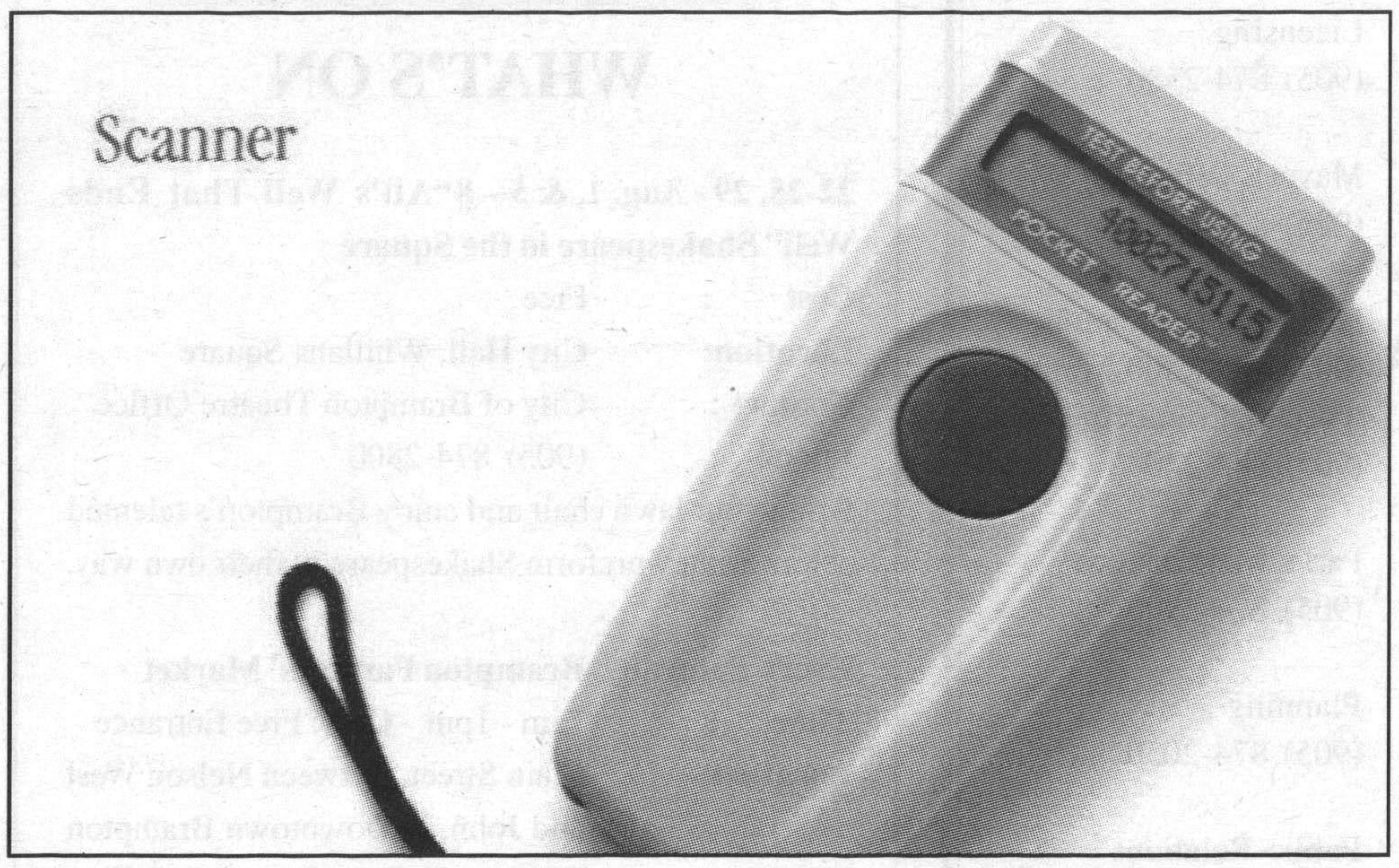
WHY SHOULD I MICROCHIP MY PET?



Microchipping is a permanent identification system that aids in the return of a lost animal.

A microchip is not a global tracking system.

The microchip is about the size of a grain of rice and is implanted (by injection) under the skin between the shoulder blades. The implanting procedure takes less than 10 seconds and is relatively painless except for the quick “poke” of a needle.

Unlike conventional collars, the microchip cannot be removed or will not fall out if implanted properly. Older microchips issued in the past rarely “float” from their original position but improvements to the microchip have been in place to prevent this from happening. This identification system not only helps in the return of lost animals, but it also proves ownership in questionable or legal circumstances.

Microchipping companies not only manufacture the product but also service existing microchips. These companies establish toll-free numbers and are available 24 hours per day to the public. In the case where an animal is found, the finder could bring the animal to any animal facility where a handheld device is scanned over the animal. The scanner will read the 10-digit number/letter sequence and the company will trace the chip number back to the registered owner. Registered owners must contact the company in order to change names, addresses, and phone numbers in a case where the owner has moved or if there is a new owner of the pet.

The implantation process of a microchip allows the owner to apply for a City of Brampton Animal Lifetime license and tag for this pet. This is just a fraction of the total cost calculated for an animal’s entire life.

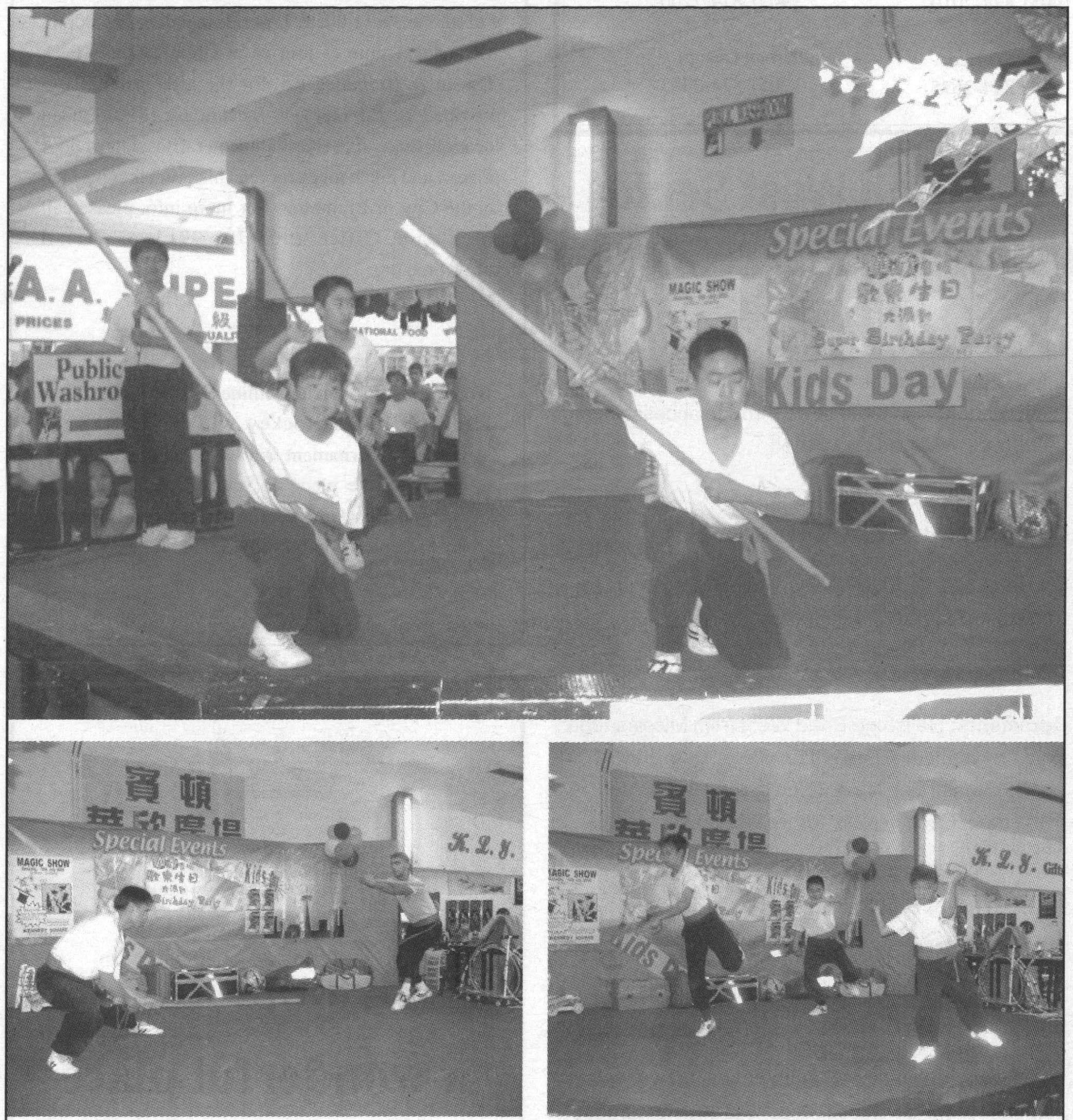
Our adoption staff will microchip your new pet upon approval of adoption before the animal goes home with you. This service is included in the price of adoption.

Any questions about microchipping can be directed to the shelter staff or the microchipping companies.

Brampton Hosts Major Provincial Parks Conference

BRAMPTONSheridan Nurseries is the conferences key sponsor and the theme of this years event is “Groundwork for Success.” If you would like more information on the OPA visit their website at www.opassoc.on.ca

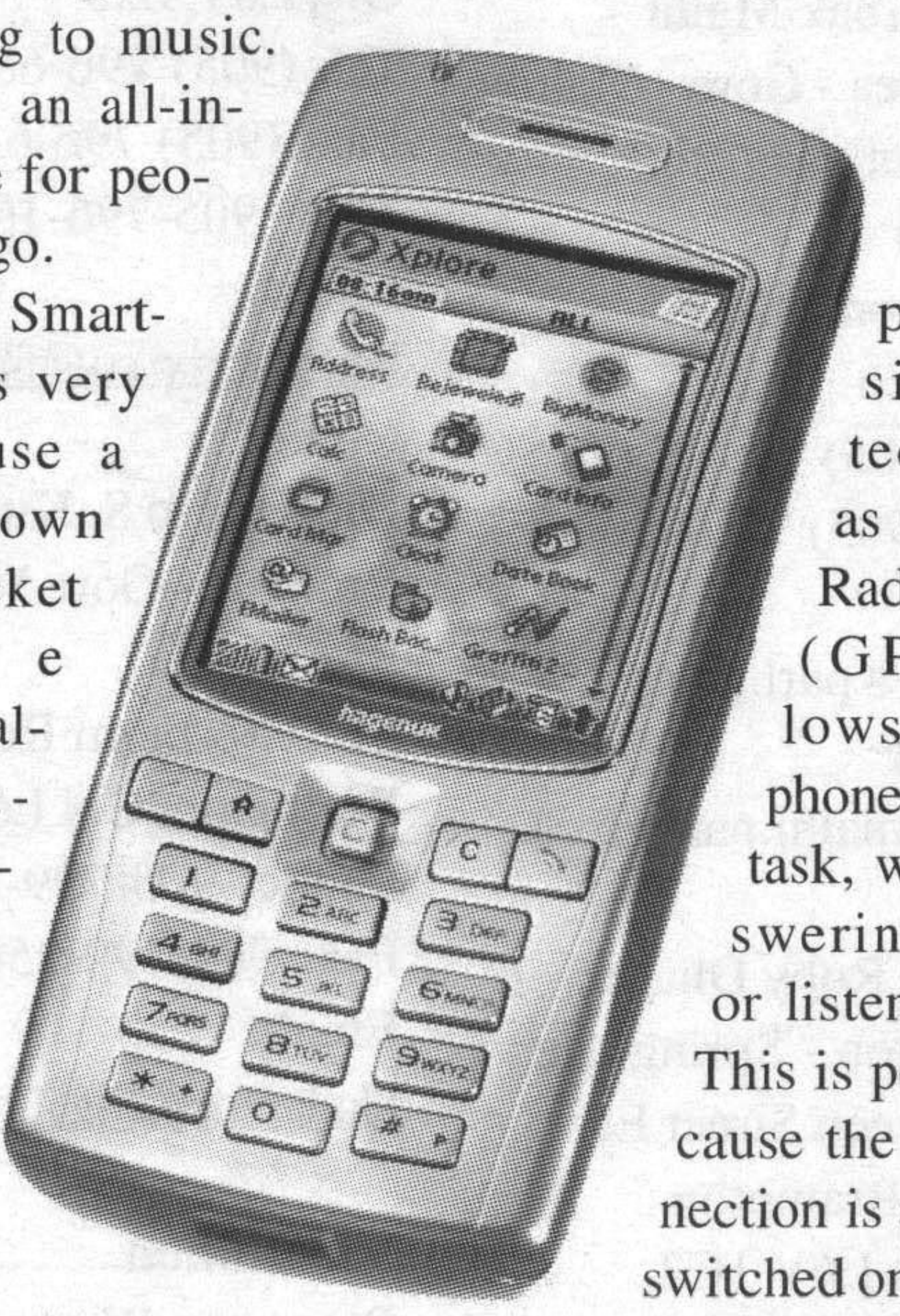
The City of Brampton Community Services department is responsible for the operation and maintenance of over 350 parks, 150 kilometers of trails and over 3800 acres of parkland. For information on services offered by parks and recreation visit our website at www.brampton.ca



Brampton Neighborhood Resource Centre and other communities came together to celebrate a festival of joy and fun at Kennedy Square, Brampton on Sat. July 16 2005.

How Smartphones work

So what are Smartphones, you ask? Smartphones are a new type of cell phone with built-in PDA-like capabilities, and can be used to complete many tasks that a mere cell phone cannot. Using a built-in Operating System (OS), Smartphones are much like a computer, with different software that can be installed to suit your needs. They can be used for advanced functions like sending/receiving e-mails, watching videos and listening to music. Simply, it’s an all-in-one package for people on-the-go.



How Smartphones work is very simple. They use a technology known as General Packet Radio Service (GPRS), which allows the Smartphone user to multi-task, whether it’s answering an email or listening to music. This is possible because the GPRS connection is always switched on, compared to a circuit-switched voice connection, which allows the user to use any of the services as long as the phone is within the service range. Also in the Smartphone is a wireless radio connection service called Bluetooth, which allows the user to connect with other devices that support Bluetooth within a given range. This includes things like printers, scanners and computers. This can be useful for synchronizing your Smartphone calendar with your computer, so your appointments are always up-to-date. Moreover, the Smartphone can also interact with many different platforms and applications by using SyncML technology. SyncML is an open-standards project that is always updating the number of ways in which Smartphones can connect with other devices. Their goal is to allow the Smartphones to connect to any other device, as long as the phone’s hardware supports it. Last, but certainly not least, is the very important technology of Java. Java allows the phone to run Java applications and MIDlets (applications using only a part of Java specifically designed for wireless use). Java is an extremely useful tool as almost anybody can make programs using it, thus giving cell phone users access to numerous third-party applications. It also lets the Smartphone user to customize the cell phone to suit his needs.

Overall, Smartphones can be very useful to everyone in one way or another. For businessmen, Smartphones can be used for keeping track of appointments and e-mails. Teenagers may use it to play games and watch videos while on the go, while older Smartphone users want to take pictures and share them with others. Today’s Smartphones use either the popular Symbian OS, Windows Mobile, Palm OS or Linux to run their systems. Examples of Smartphones include Nokia 9200, Audiovox SMT-5600, Blackberry 7230 or Mitsubishi D901iS.

For more information on Smartphones, please visit HowStuffWorks at http://electronics.howstuffworks.com/Smartphone.htm.

It’s our first issue – tell us how we did!

The BRAMPTON Bulletin
NEWS & REFLECTIONS OF OUR CITY

We always welcome suggestions, comments and even potential contributors. If you are interested in writing for us, or have information or photos to share, we’d love to hear from you. You have your finger on the pulse of Brampton.

Contact us at contact@the bramptonbulletin.com, or 905-794-5005.

As Heat Wave Continues, Brampton Offers Some Cool Relief

BRAMPTON- As the summer heat wave continues, the City of Brampton is giving residents a chance to cool themselves at a variety of City recreation facilities, operating at extended hours during extreme heat conditions.

When temperatures reach or exceed 30 degrees C, four facilities across the City will extend hours and remain open to 8 p.m. The following facilities will operate under extended hours:

- Eldorado Pool - adds a second swim 5 to 8 p.m. Cost - Youth $1, Adults $2, Senior $1.50, Family/ small group $5 (limited to 4 people, each additional person is $1)
- Professors Lake - Lake remains open until 8 p.m. Cost - Youth $2.50, Senior $2.50, Adults $3.50 and Family/small group $7.50.
- Chinguacousy Splash Pool - Pool remains open until 8 p.m. Cost - 15 years and under $1, Adults 16 years and older free.
- Gage Park Wading Pool - Pool remains open until 8 p.m. No cost.

In addition to these facilities, 10 of the City's indoor pools offer evening swims. For more information on these swim times and available facilities check the pocket swim scheduler, available at all City recreation facilities.

For directions, swim fees and general information on Park and Recreation services and programs visit the city of brampton website

City Names New Director of Planning and Land Development

BRAMPTON- Adrian Smith, Manager of Growth Management and Special Policy with the City, has been named Brampton's new Director of Planning and Land Development Services.

Smith has worked with Brampton since December 1999, starting out as a policy planner. Prior to 1999, he worked in Planning with the Town of Pickering and the Town of Markham. Smith has been the lead manager in the City's Growth Management and Transportation and Transit Master Planning projects.

He has a BA in Geography from McMaster University in Hamilton, a certificate in Environmental Management from Ryerson University in Toronto, and is a member of the Canadian Institute of Planners and the Ontario Professional Planners Institute.

"Adrian brings to this position extensive experience in all facets of development approvals, long-range land use and transportation planning," said John Corbett, Commissioner of Planning, Design and Development. "I am confident that Adrian will continue to expand his leadership role for the Planning Design and Development Department in his new capacity."

Arrive Alive

Don't drink and drive!

Explore Outer Space at Brampton Library

Brampton Library
Education, Information, Inspiration

Join Brampton Library for an amazing interactive workshop all about stars, planets and galaxies.

Presented by The Royal Astronomy Society, this free program for children aged 6 to 12 years takes place on Thursday, July 21, from 11 a.m. to noon at the Four Corners Branch, 65 Queen Street East and repeated from 2 to 3 p.m. at the Cyril Clark Branch, 20 Loafer's Lake Lane.

On Thursday, July 28, the program will be held at from 11 a.m. to noon at the Chinguacousy Branch, 150 Central Park Drive and repeated from 2 to 3 p.m. at the South Fletcher's Branch, 500 Ray Lawson Boulevard.

No registration is required; however space is limited to 30 participants on a first come, first served basis.

Peel Regional Police - Missing elderly female found

MISSISSAUGA, ON, July 16 /CNW/ - The Peel Regional Police located a 66 year-old female, Jamal CHALHOUB, who had been missing since 8:30 a.m. on Friday, July 15, 2005.

Jamal CHALHOUB was found outside of a residence on Nahani Way in Mississauga at approximately 11:00 p.m. on Friday, July 15, 2005, by a concerned citizen who called Police. Jamal was returned to her residence in good spirits and in good health.

Peel Regional Police would like to thank members of the media and the public for their assistance during this search effort.

For further information: Cst. Dameon Okposio, Media Relations,
(905) 453-2121 ext.4027;

PEEL REGIONAL POLICE

PUBLIC NOTICE

You're Invited to Participate!

How can Peel Regional Police ensure its standards of operation are the best?
You're invited to participate in that discussion by providing comments as
Peel Regional Police pursues re-accreditation.

What is Accreditation?

Accreditation is a seal of approval from an independent body indicating that an organization meets or exceeds industry standards. In many fields, like medicine and law, obtaining accreditation is essential. For police, it is a more recent and purely voluntary option. The Commission on Accreditation for Law Enforcement Agencies, Inc. (CALEA) is the body that has set certain professional standards in policing. Over 600 international police agencies, including eleven in Canada, are accredited. Peel Regional Police was the first police service in Ontario to obtain accreditation.

How Does Accreditation Work?

CALEA has established a comprehensive set of 446 standards that are seen as the highest in policing; generally they exceed the minimum standards the Ontario Ministry of Solicitor-General sets for police in this Province. The standards cover everything from law enforcement operations to relationships with other agencies to administration and support services. The goal is to ensure that existing practices, policies and procedures comply with CALEA's standards. Peel Regional Police achieved this when they became accredited in 1994, and re-accredited in 1999 and 2002, and are now under review once again to show that they have maintained and even exceeded these standards.

Why Pursue Accreditation?

In pursuing accreditation and creating a set of standards that are internationally recognized as the best in policing, Peel Regional Police acknowledges the need to be publicly accountable for its actions. By consistently measuring those actions against the stated policies, you, the public, have a way to objectively judge police performance. This will increase confidence, within the police and among the public, in Peel Regional Police's ability to perform its duties as effectively as possible.

Getting Your Input

CALEA is sending an assessment team here to report on the state of the Peel Regional Police standards; this report will then determine if CALEA will re-accredit the service later this year. As part of the assessment, members of the community and police personnel are invited to comment on our ability to comply with the accreditation standards. There are three ways to do this:

In Person: A public information session will be held on Monday, August 15, 2005 at 7:00 p.m. at Emil V. Kolb Centre for Police Excellence – Community Room, 180 Derry Road East, Mississauga.

By Phone: Call (905) 456-0996 on Monday, August 15, 2005 between the hours of 1:00 p.m to 5:00 p.m.

By Mail: Write to the Commission on Accreditation for Law Enforcement Agencies, Inc., 10302 Eaton Place, Suite 100, Fairfax, Virginia, 22030-2215.

A copy of the CALEA standards is available for viewing at Peel Regional Police Headquarters, 7750 Hurontario Street, Brampton.

Note: Phone comments and appearances at the public information session are limited to 10 minutes and must address the agency's ability to comply with CALEA standards.

For more information on Accreditation, please contact:: Judy Moffat
905-453-2121, extension 4409

General Property Tax Information

The City of Brampton is responsible for billing and collecting property taxes. It is also responsible to bill and collect taxes for the Regional Municipality of Peel and the local school boards. Property taxes are levied twice a year by an Interim and Final Notice. The Interim billing reflects taxes due for the first six months of the year billed in three instalment due dates. The Final billing reflects taxes due for the last six months of the year, also in three instalment due dates. The tax rate is expressed as a percentage of the assessed value. Different tax rates are set for different classes of property (i.e.: Residential, Multi-Residential, Commercial, Industrial).

See Table-1 for method for Calculating this Year's Property Tax Bill.

How To Calculate Your Taxes

Multiply the Assessment Value shown on your tax bill by the appropriate rate for the tax class from the chart above.

Example:

Residential & Farm(RT)

$250,000 assessment value * 1.239889% total tax rate

=$3099.72

Please Note: Properties in the Commercial, Industrial and Multi-Residential tax classes are subject to adjustments legislated by Bill 83.

Tax Payment Options

Pre-Authorized Tax Payment Plan (PTP)

Post-Dated Cheques

At A Bank

By Mail

In Person

Drop Boxes

Internet

Pre-Authorized Tax Payment Plan (PTP)

Have your tax payments automatically withdrawn from your chequing account (line of credit, credit card and savings accounts cannot be used). You don't have to write cheques or stand in line to pay your tax bill. From your Pre-Authorized Payment Notice, you will know the dates the payments will be deducted each month. You will never have to guess when they're due and they'll be recorded automatically on your chequing account statement. There are no service charges or fees for enrolling in the plan.

Pre-Authorized Payments for Commercial/Industrial/Multi-Residential Properties

Effective for the Final billing of 2005, the City of Brampton is offering pre-authorized payments for Non-Residential properties. Please be advised, the Tax Rate for Non-Residential properties is not always set at the same time as residential properties, so keep in mind that Final instalments may not be divided over 6 equal payments. If you wish to enroll, please complete the enclosed Pre- Authorized Application form,attach a void check and mail it to : Pre- Authorized Coordinator, City of Brampton Tax Section, 2 Wellington St W, Brampton, ON L6Y 4R2 or fax it to 905-874-2296. If you require futher information, please call 905-874-2200.

PTP Program Requirements

Your tax account must be paid and up to date. All taxes due prior to the PTP effective date must be paid prior to enrolment into the PTP plan. **Accounts that are in arrears or have a mortgage company responsible for paying taxes will not be eligible for the PTP plan enrollment.**

PTP Program Options

Option #1 or 3 (Monthly Instalments): Payments will be deducted from your account on the **first business day or the 15th** of each month from January to December (depending on when you are enrolled in the program will determine how many payments you have remaining in the current billing period). **If you are currently enrolled in the PTP program and would like to switch your withdrawal dates, please send written notice to the City of Brampton within 20 days of your next scheduled withdrawal date indicating which program you would like.** You will receive the appropriate pre-authorized payment notice(s) indicating the withdrawal dates and amounts prior to your first withdrawal. The first notice (INTERIM BILL) will indicate the estimated levy from January to June. The second notice (FINAL BILL) mailed usually in June, will indicate your actual tax levy for the year and the amount of your payments from July to December. The payments will reflect your actual levy, less the amount paid during the first 6 months.

Option #2 (Regular Instalments): Payments will be deducted from your account on the six instalment dates over the course of the year. You will receive the appropriate pre-authorized payment notice(s) indicating the withdrawal dates and amount for the current billing period before the first withdrawal date. The first notice (INTERIM BILL) will indicate the estimated levy for the first 6 months of the year; less any payments made to that point. The second notice (FINAL BILL) mailed usually in June, will show your actual tax levy for the year and the amount of your payments for the second half of the year. The payments will reflect your actual levy, less the amount paid during the first 6 months.

How to Enroll

Complete the Request for **Pre-Authorized** Application Form. Attach a void cheque for a valid chequing account (line of credit, credit card and savings accounts will not be accepted).

Mail, fax or drop off your application to:

2 Wellington St W
Brampton, On L6Y 4R2
Fax (905) 874-2296

A PTP notice will be sent to you outlining the amount due and the withdrawal dates. You should continue to pay any instalments due until you receive the notice. To ensure program eligibility, all tax arrears must be paid in full. When you sign up, you will automatically be enrolled in the program in subsequent years. Your PTP account may be cancelled at any time, upon 30 days written notice to the Tax Section, City of Brampton (e-mail propertytax@brampton.ca)

Table -1 Property Class	Tax Class	Lower Tier Tax Rate	Upper Tier Tax Rate	Education Tax Rate	Total Tax Rate
Residential & Farm	RT	0.442458%	0.501431%	0.296000%	1.239889%
Residential Taxable (full rate, shared PIL)	RH	0.442458%	0.501431%	0.296000%	1.239889%
Res. Farmland Awaiting Dev. Ph. I	R1	0.132737%	0.150429%	0.088800%	0.371967%
Res. Farmland Awaiting Dev. Ph. II	R4	0.442458%	0.501431%	0.296000%	1.239889%
Multi-Residential	MT	0.754390%	0.854940%	0.296000%	1.905330%
MR Farmland Awaiting Dev. Ph. I	M1	0.132737%	0.150429%	0.088800%	0.371967%
MR Farmland Awaiting Dev. Ph II	M4	0.754390%	0.854940%	0.296000%	1.905330%
Commercial (occupied)	CT	0.573912%	0.650406%	1.737545%	2.961863%
Commercial Taxable (full rate, shared PIL)	CH	0.573912%	0.650406%	1.737545%	2.961863%
Commercial Taxable (no school taxes)	CM	0.573912%	0.650406%	0.000000%	1.224318%
C.Farmland Awaiting Dev. Ph I	C1	0.132737%	0.150429%	0.088800%	0.371967%
C.Farmland Awaiting Dev. Ph II	C4	0.573912%	0.650406%	1.737545%	2.961863%
Commercial Vacant Units Excess Land	CU	0.401738%	0.455284%	1.216282%	2.073304%
Commercial Taxable (vacant land, shared PIL)	CJ	0.401738%	0.455284%	1.216282%	2.073304%
Commercial Office	DT	0.573912%	0.650406%	1.737545%	2.961863%
Commercial Office Taxable (full rate, shared PIL)	DH	0.573912%	0.650406%	1.737545%	2.961863%
Commercial Office Vacant	DU	0.401738%	0.455284%	1.216282%	2.073304%
Shopping Centres	ST	0.573912%	0.650406%	1.737545%	2.961863%
Shopping Centres	SU	0.401738%	0.455284%	1.216282%	2.073304%
Parking Lot	GT	0.573912%	0.650406%	1.737545%	2.961863%
Parking Lot Vacant	CX	0.401738%	0.455284%	1.216282%	2.073304%
Industrial (occupied)	IT	0.650413%	0.737103%	1.984482%	3.371998%
Industrial Taxable (full rate, shared PIL)	IH	0.650413%	0.737103%	1.984482%	3.371998%
I. Farmland Awaiting Dev. Ph I	I1	0.132737%	0.150429%	0.088800%	0.371967%
I. Farmland Awaiting Dev. Ph II	I4	0.650413%	0.737103%	1.984482%	3.371998%
Ind. Vacant Units and Excess Land	IU	0.455289%	0.515972%	1.389137%	2.360399%
Ind. Vacant Land	IX	0.455289%	0.515972%	1.389137%	2.360399%
Ind. Taxable (vacant land, shared PIL)	IJ	0.455289%	0.515972%	1.389137%	2.360399%
Large Industrial	LT	0.650413%	0.737103%	1.984482%	3.371998%
Large Industrial Vacant	LU	0.455289%	0.515972%	1.389137%	2.360399%
Pipelines	PT	0.408787%	0.463272%	1.628956%	2.501015%
Farmland	FT	0.110614%	0.125358%	0.074000%	0.309972%
Managed Forests	TT	0.110614%	0.125358%	0.074000%	0.309972%

Questions?

For further information regarding the PTP plan or any inquiry about your tax account, please contact a Customer Service Representative at the City of Brampton Tax Office between the hours of 8:30 a.m. and 4:30 p.m. by phone (905) 874-2200 or e-mail us at propertytax@brampton.ca

Post Dated Cheques

Post dated cheques corresponding to the tax due dates on the stubs will be accepted and held for deposit as they come due. Post dated cheques can dropped off in person or mailed. Please make cheques payable to "Brampton Taxes".

At A Bank

Property taxes are payable at most banks or trust companies (financial institutions may charge for this service). Please allow 3 or 4 days for payments to be processed.

By Mail

To send payments by mail, please address to the City of Brampton, Box 1725, Brampton, Ontario, L6V 4J3. We accept post-dated cheques. Please note that payments must reach City Hall by the due date to avoid interest charges. RECEIPTS: Your cancelled cheque is your receipt.

In Person

To pay in person, please visit the cashier's wicket on the Main Floor of Brampton City Hall, 2 Wellington Street West.

Drop Boxes

After hours, payments may be placed in a sealed envelope in the night drop box located beside the front entrance at City Hall. There is also a drop box at the Theatre Box Office in the **Civic Centre Building**, 150 Central Park Drive. Sealed envelopes may also be left at the **Region of Peel**, Pace Credit Union Office, located at 10 Peel Centre Drive and at the **Hydro One Brampton** office located at 175 Sandalwood Parkway West.Please allow 3 or 4 days for payments to be processed.

Internet

If paying property taxes by internet banking and/or telephone banking, enter your 17 digit TAX ROLL NUMBER as the requested ACCOUNT NUMBER.

NOTE: ALL PAYMENTS MUST BE RECEIVED IN THE TAX OFFICE BY THE DUE DATE TO AVOID PENALTY AND INTEREST CHARGES.

If taxes are to be paid by a mortgage company, it is important to forward any bills promptly to the mortgage company.

Fees, Penalties & Interest

· Payments are due on the date and in amounts indicated on the tax bill.

· An administrative fee of $35 (subject to change) will be applied for payments not cleared by your financial institution.

· Penalty/interest on overdue taxes is charged at a rate of 1.25 per cent added on the first day after the due date and on the first day of each month until paid. The rate charged may be increased or decreased as provided by any change in provincial legislation or by-laws of Council.

· PENALTY AND INTEREST CHARGES CANNOT BE WAIVED.

New Owner Administration Fee

· All new owners will have a $25 administration fee added to their accounts. A statement will be sent to the homeowner for payment.

Tax Statements

Statements for all tax years are $14.00 each (subject to change).

Tax Certification:

Regular $50.00, 7-10 days delivered by mail.

Rush $ 75.00

1-2 days by fax with original to follow by mail.

To purchase a Tax Certificate, please mail your request indicating the type of certificate you would like to order (regular/rush) with payment to the City of Brampton Tax Section, 2 Wellington St W, Brampton, Ontario, L6Y4R2.

If you have any questions, please refer to the Contact section below.

Elderly Assistance

Qualifying seniors (65 and over) may apply for a tax credit of up to $300 per year. Seniors must be in receipt of the Guaranteed Income Supplement, own and reside on the property for which the application is being made, and must not claim for other properties that year. **Application for this program must be made by December 31st of the current year.** Applications are available by calling the Tax office at (905) 874-2200 or click here to download a copy.

The Charities Rebate Program

The province of Ontario has enacted the Small Business and Charities Protection Act. This Act provides for property tax relief by rebating a portion of the annual property taxes for registered charities occupying commercial/industrial properties.

General Property Tax Information......

A registered charity is defined in sub-section 248(1) of the Income Tax Act (Canada) and has a registration number issued by the Canada Customs and Revenue Agency. This application is available by calling the Tax Office at (905) 874-2200.

What if you sell your home?

Ownership and/or mailing address changes must be provided in writing to the Tax Section.

Contacts

Tax Section Contact Information: 2 Wellington Street West Brampton, Ontario L6Y 4R2. Telephone: (905) 874-2200. Fax: (905) 874-2296E-mail: propertytax@brampton.ca

* * *

Source : City of Brampton

The Lorne Scots Fight to Find a Cure

- by Rob Smol

Over the last few weeks the Royal Canadian Legion in Brampton banded together with a local army reserve unit, an elementary school, as well as a local business to raise money for a common cause-helping a sick girl.

Caryn Vowles, an eight year old girl from Brampton was diagnosed at birth with aHUS - Atypical Hemolytic Uremic Syndrome, a rare kidney disease that leads to strokes and kidney failure.

The movement to raise money and awareness for aHUS began the day Caryn's mother Mary Jane Vowles who also works at St Anne's Elementary School in Brampton approached Robert Walsh one of the teachers who is active in various local charities.

"Mary Jane asked me if there was any way I could think of to raise awareness and research money because AHUS is still not on the radar as far as fundraising is concerned," says Walsh.

"Every day Caryn lives is a miracle related to prayer and the Nephrology department at Sick Kids. Caryn receives aphersis biweekly to survive" says Jane Vowles.

Walsh, who also serves as an officer in the Lorne Scots, an army reserve Regiment based in Brampton, then approached his Commanding Officer who pledged that he and the regiment would do what they could to raise money for Caryn.

"The Lorne Scots is an organization that supports Canada and its goals around the world. We also take every opportunity to support the community and by raising money for Caryn and the Hospital for Sick Children we are able to support our local community," says Lieutenant Colonel Ross Welsh, Commanding Officer of the Lorne Scots

Having always maintained a close relationship with the two local branches of the Royal Canadian Legion, active soldiers began working with veterans, legion members and the community to raise money.

What followed were various fundraising initiatives including a silent auction and a barbeque with all the money raised going towards Sick Kids Hospital and research on aHUS.

'It is a way to give back to the community" says David King, head of the Ways and Means Committee at Branch 15 of the Royal Canadian Legion. 'We are not here to be heroes; we are here to serve the public."

The military and legion's initiatives then found widespread support around St Ann School community, which, with the support of local businesses and community members managed to raise $7000.

And it was not long before parents and relatives of students started their own fundraising initiatives. Staff at St Anne School held various events including a pasta lunch which raised $300.00.

Children chipped in where they could asking parents to help. One parent works for Lift- Right Canada which held a barbeque raising $700.00 for Caryn.

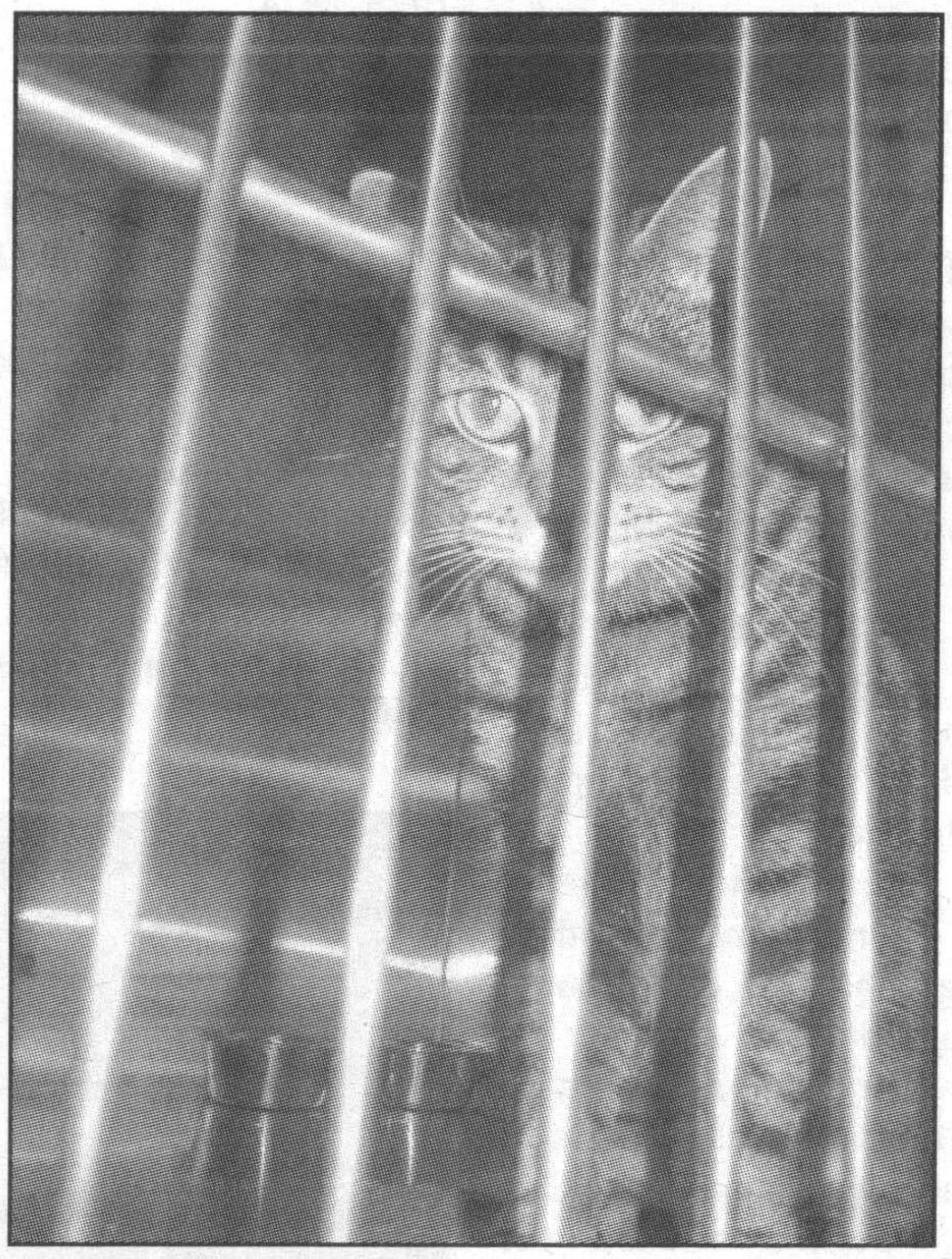
'We have always wanted to do something for the community and, seeing that my business partner's son and my nephew attend St Ann School, we were more than happy to help," says Nancy Gouveia, one of the owners of Sonique Salon which alone raised $2500 for Caryn Vowles. 'We are passionate in what we do and we want to excite others to follow in our lead."

"Brampton may be growing into a large, diverse city, but we still know when to work together as a community" says Walsh.

Anyone wishing to donate to the Caryn Project can make a donation to:

Sick Kids Foundation,
535 University Ave
Toronto On
M5G 2L3
Attn: Caryn Project
06ETWVED in the Memo field.

Adopt me



Call: 905-458-5800

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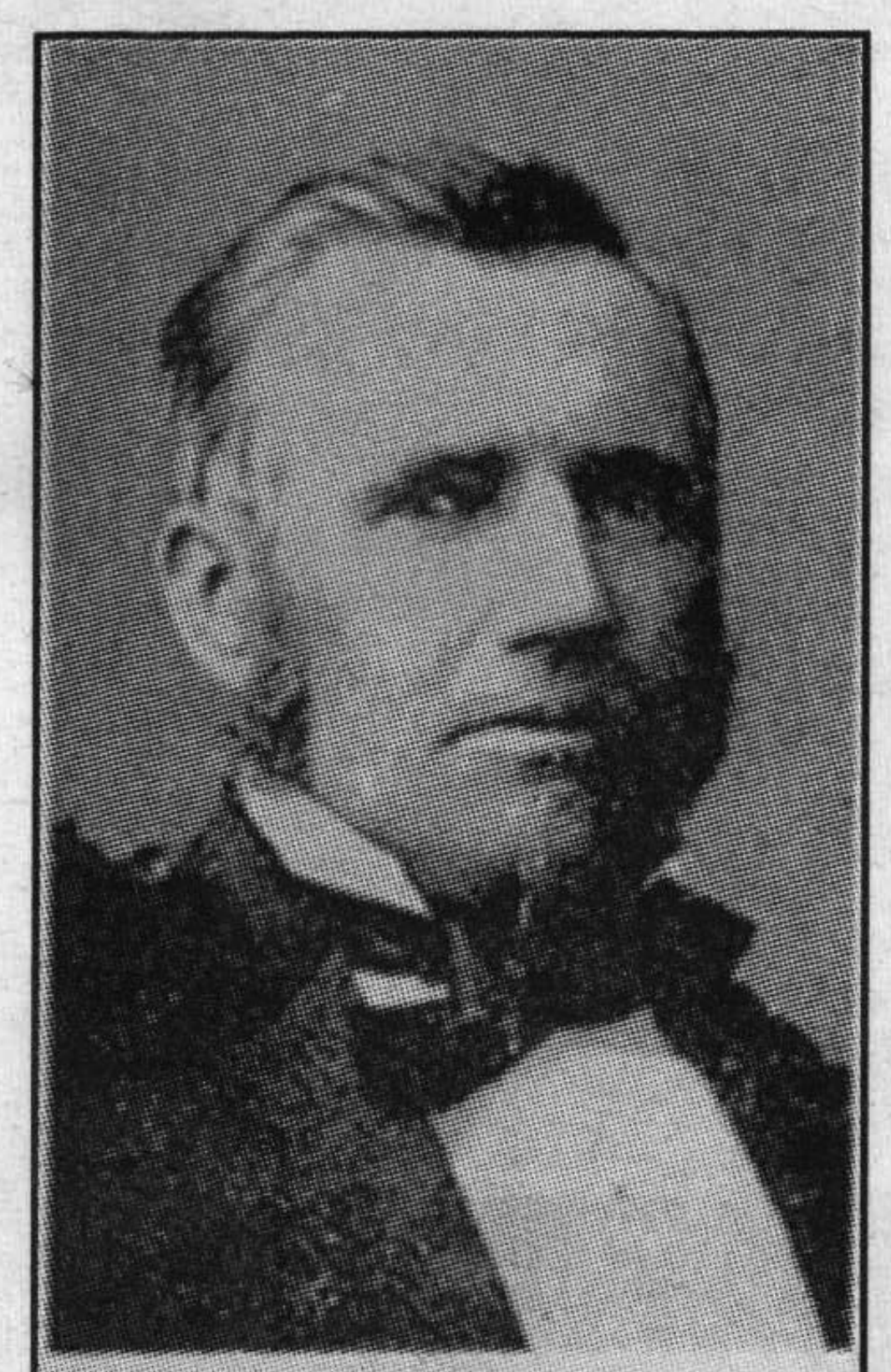
Urdu, Gujrati & Swahili
Office: 416-499-6202 Fax: 416-499-3977 Res.: 905-294-7083
2190 Warden Avenue. (At Sheppard) Suite #214, Scarborough, Ontario. M1T 1V6

BRAMPTON - The CITY We Live In

Brampton, Ontario

Brampton, Ontario is a city in the Greater Toronto Area of Ontario, Canada, located in Peel Regional Municipality. In 2004, Brampton's population was 386,000, and it is estimated that by the year 2021, the city population will have almost doubled to 600,000 people. As one of Canada's fastest growing cities, the municipality has found it difficult to cope with its unprecedented growth, in terms of the provision of adequate infrastructure. It celebrated its sesquicentennial anniversary in 2003, marking 150 years since its incorporation as a village in 1853, taking its name from the rural village near Chesterfield in England.

It is served by major transportation routes; Highway 401 from Toronto is a short distance south in Mississauga, and is reached by Highway 410. Highway 407 is the present boundary between Mississauga and Brampton, just south of Steeles Avenue, another thoroughfare from Toronto. The former Highway 7 is another east-west corridor, and Highway 427 is to the east. Both Canadian National Railways and Canadian Pacific Railway run through the city, CN's Intermodal Yards are located east of Airport Road between Steeles and the former Highway 7/ Queen Street East. The CN Track from Toronto's Union Station, is the Georgetown GO Transit Rail Corridor providing commuter rail and bus services to and from Toronto. VIA Rail connects through Brampton as part of the Quebec City-Windsor Corridor. The city is served by Brampton Airport for general aviation, and is near Toronto Pearson International Airport for commercial flights. Local transit is provided by Brampton Transit, with connections to other systems such as Mississauga Transit, York Region Transit, and Toronto Transit Commission.



JOHN HAGGERT
First Mayor of Brampton
1874-75-76

Major companies include Ford, Nortel, Para Paints, a Coca-Cola Bottling Plant, Nestlé, DaimlerChrysler Canada Ltd., Maple Lodge Farms, Zellers, Frito Lay Canada and Data Business Forms.

Brampton was once known as The Flowertown of Canada, a title it earned due to the city's large greenhouse industry, which included Dale's Flowers, a company that won many international rose awards for nearly half a century.

High schools include: Turner Fenton Secondary School, Canada's only campus-based high school, Brampton Centennial Secondary School and Heart Lake Secondary School. Central Peel Secondary School was the 1975-1976 champions of the game show Reach for the Top. Among other district school boards, Cardinal Leger Secondary School, Notre Dame Secondary School and St. Thomas Aquinas Secondary School are among the other schools that belong to a separate school board.

Cultural entities in the city are controlled by the Brampton Arts Council. They include Visual Arts Brampton and the Heritage Theatre. Also in the city is the Peel Heritage Complex, which is run by the municipality.

The city is host to the Brampton Battalion, an Ontario Hockey League (OHL) league team. The Brampton Excelsiors are a highly successful lacrosse team, seven-time winners of the Mann Cup. Their most recent Mann Cup victory was in 2002. The junior Excelsiors won the Minto Cup in 1952.

There are many sporting venues and activities including the outdoor ice path for skating through Gage Park and the ski lift at Chinguacousy Park. In the summer amateur softball leagues abound and crowds line the beaches at Professor's Lake.

A new convention centre, the Pearson Convention Centre, opened in August of 2003. The movie "Men with Brooms" (2002) starring Paul Gross & Leslie Nielsen was partially filmed at the Brampton Memorial arena and the Brampton Curling Club.

The city is home to reserve brigade The Lorne Scots (Peel, Dufferin and Halton Regiment).

In 2002, the city had a population of 351,646.

HEART OF PEEL

Since its incorporation as a city in 1974, the municipal government of the Regional Municipality of Peel has transformed Brampton into a de-facto "capital." Most of the Region's department offices (including the Regional Council Chamber), the Peel Regional Police force, the fire department, and the region's only major museum, the Peel Heritage Complex, are all housed there. As a result of this, the area has become known as the centre of the region, represented by Peel Centre Drive, on which many facilities are located.

COMMUNITIES

Brampton is made up of a number of smaller communities.

Bramalea was built as a "satellite city," Canada's first when built in the 1960s. It was annexed into Brampton in 1974, but still remains essentially autonomous in spirit, with even new residents responding that they live in Bramalea.

Chinguacousy and Toronto Gore were two townships incorporated into Brampton mid-way through the twentieth century. From this merger, communities such as Bramalea, Heart Lake and Professor's Lake, Snelgrove, Tullamore, and Mayfield, were formed.

Rural villages, such as Claireville, Ebenezer, Victoria, Springbrook, Churchville, Coleraine, and Huttonville were merged into the larger city. While only Victoria, Huttonville, and Churchville still exist as identifiable communities, other names like Claireville are re-emerging as names of new developments.

The early 1980s brought new development, as the city released large tracts of land to residential developers. This land began in its largest boom in 1999, when development started to appear as far north as the city's border with Caledon. The Region has designated this border as being the line of demarcation for urban development until 2021. However, neighbouring communities not part of Peel have also been massively affected by the city's sudden spurt. The end of Brampton and start of Georgetown, for example, is essentially non-identifiable.

Bramalea, Canada's Satellite City

Bramalea is a Canadian new town in Ontario, approximately 40 kilometres northwest of the provincial capital, Toronto. Located in the former Chinguacousy Township, it was Canada's first satellite community developed by one of the country's largest real estate developers, Bramalea Limited, formerly known as Brampton Leasing. The community had an extensive Master Plan, which included provisions for a parkland trail system and a "downtown," which would include essential services and a shopping centre.

Each subdivision of the city used street names that began with the same letter. The "A" section is the oldest part of the community, with street names like Argyle, Avondale, and Aloma. Children on the boundaries of these divisions would regularly compete in street hockey games, pitting, for example, the "D" section versus the "E" section.

The downtown area's centrepiece was the Civic Centre, which included the city hall and library. Directly across Team Canada Drive from the Civic Centre, Bramalea Limited built a shopping centre named Bramalea City Centre. The two centrepieces were connected by a long underground tunnel. Other features included a police station, fire hall, bus terminal, and a collection of seniors' retirement homes.

There is an extensive parkland trail and sidewalk system that connects the entire town. One can get anywhere in the town without having to use a road.

There are a large number of recreational facilities available in the town, including tennis courts, playgrounds, hockey/lacrosse rinks, swimming pools, and indoor hockey rinks.

HISTORY OF BRAMPTON

John Haggert, Brampton's first mayorSee also: List of mayors of Brampton, Ontario.

The two cities merge

Bramalea merged with its neighbouring city, Brampton, in 1974.

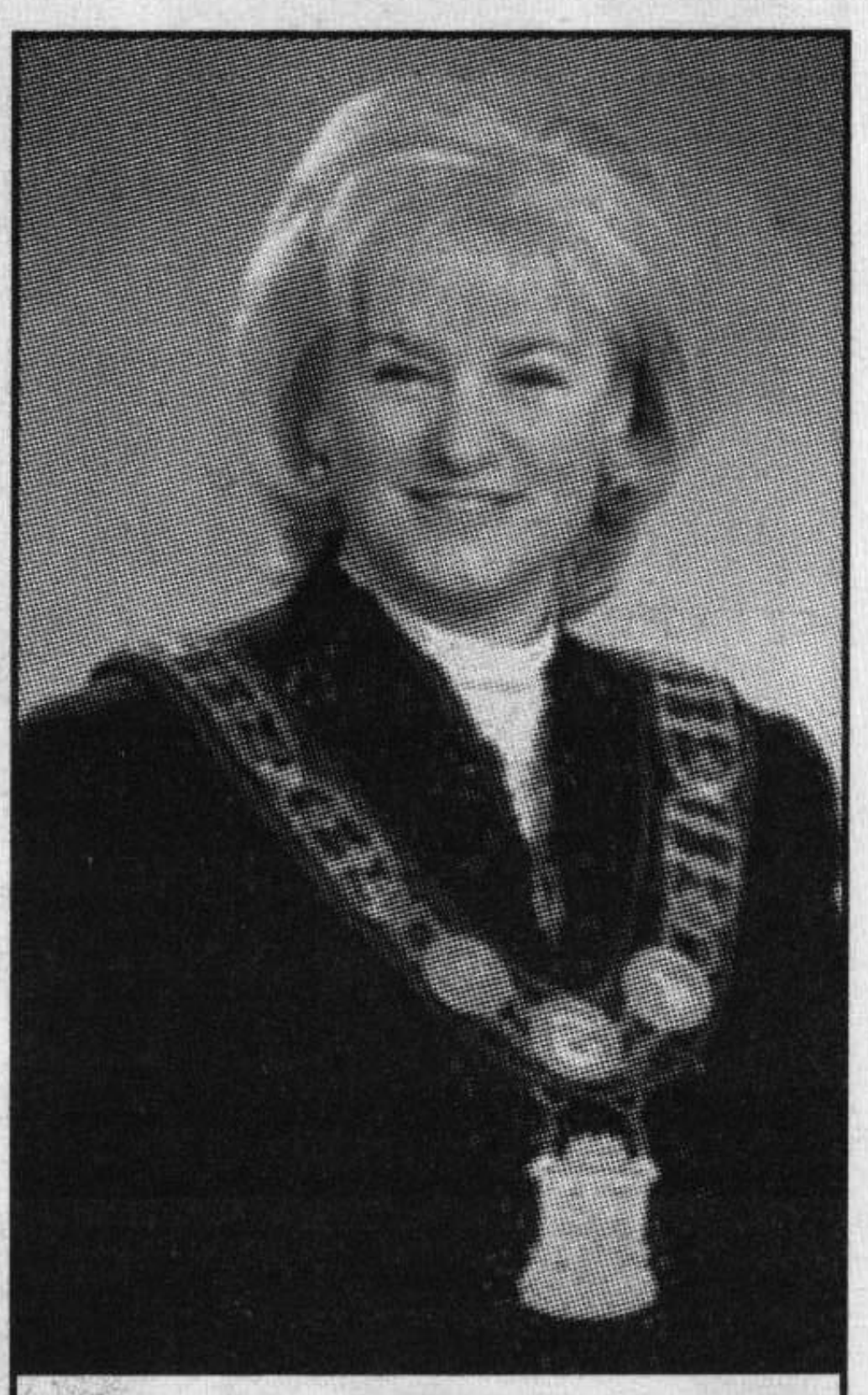
Upon merging with Brampton, many parts of the town changed. The Civic Centre housed the Brampton City Hall, until the early 1990s. The library merged with the Brampton Library system, and soon the Central Services moved to what became the Chinguasousy Branch, making the collection the head branch and Resource Center.

* * *

LIST OF MAYORS OF BRAMPTON, ONTARIO

This list of the mayors of Brampton, Ontario includes the 38+ unique politicians holding such position.

1. John Haggert, 1874-February 1877
2. John Golding, 1877-1879
3. William A. McCulla, 1880-1882
4. M. M. Elliott, 1883-1885
5. T. Milner, 1886-1887 (died in office)
6. A. F. Campbell, 1887-1888
7. T. Holtby, 1889-1890
8. M. Treadgold, 1891-1892
9. J. T. Mullin, 1893-1894
10. E. O. Runians, 1895-1896
11. E. H. Crandell, 1897-1898
12. W. E. Milner, 1899-1900
13. T. Thauburn, 1901-1902
14. B. F. Justin, 1903-1905
15. W. E. Milner, 1906-1907
16. C. A. Irvine, 1907
17. J. Golding, 1908-1909
18. T. Thauburn, 1910-1911
19. S. Charters, 1907
20. T. W. Duggan, 1912-1913
21. T. Mara, 1914-1915
22. A. H. Milner, 1916-1917
23. L. J. C. Bull, 1918-1919
24. W. J. Beatty, 1920-1921
25. J. S. Beck, 1922
26. H. W. Dawson, 1923-1924
27. F. W. Wegenast, 1925-1928
28. G. Akehurst, 1929
29. F. W. Wegenast, 1930
30. G. Akehurst, 1931-1932
31. J. S. Beck, 1933-1934
32. E. W. McCulloch, 1935-1936
33. W. J. Abell, 1937-1938
34. R. P. Worthy, 1939-1942
35. W. A. Bates, 1943-1944



Susan Fennell
Present Mayor of
Brampton

36. R. H. Bull, 1945
37. J. S. Beck, 1946-1948
38. H. R. Lawrence, 1949-1951
39. R. H. Bull, 1952-1954
40. N. Horwood, 1955-1958
41. C. C.Core, 1959-1962
42. R. E. Prouse, 1963-1966
43. W. H. Brydon, 1967-1969
44. J. E. Archdekin, 1970-1973
45. missing mayors from 1974 to 1988
46.Peter Robertson, 1988-1999
47. Susan Fennell, 2000-2006

- **Youngest mayor: C. A. Irvine**
- **Shortest term as mayor:** C. A. Irvine, one month; Irvine is closely followed by S. Charters at four months
- **Longest term as mayor:** possibly J. S. Beck, six years
- **Mayors who died in office:** T. Milner in 1887, J. E. Archdekin in 1973
- **First woman mayor:** N. Horwood in 1955;

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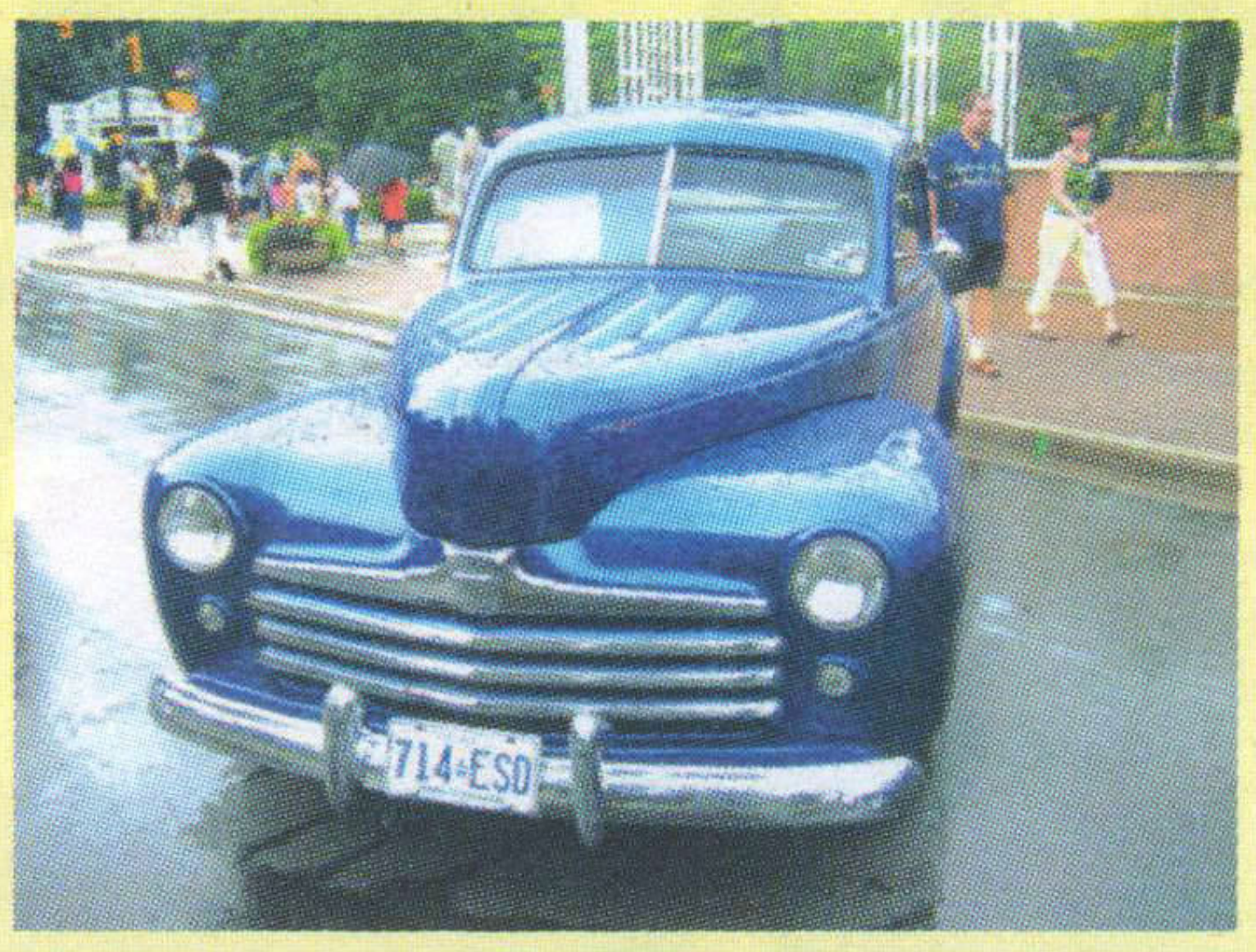
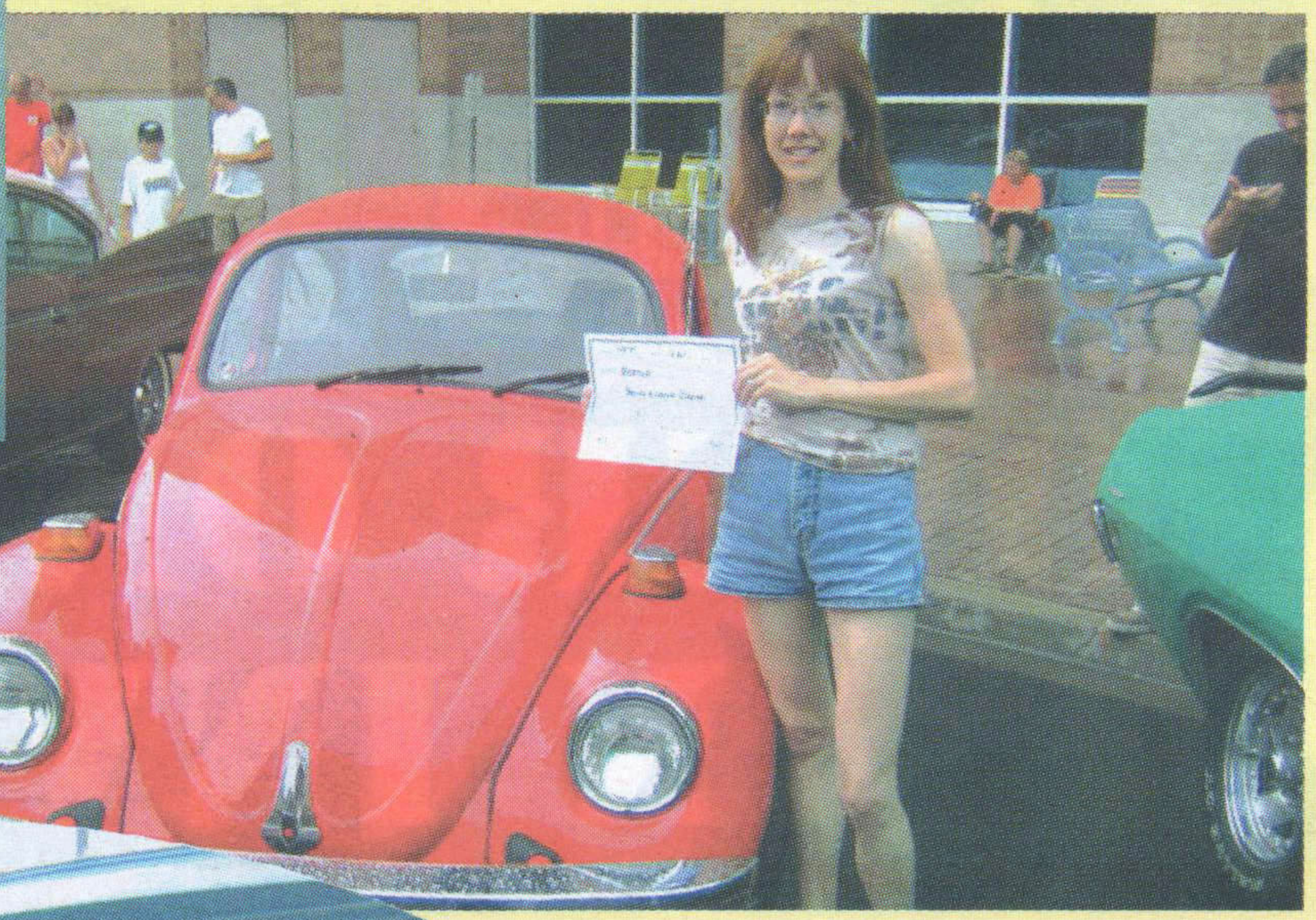
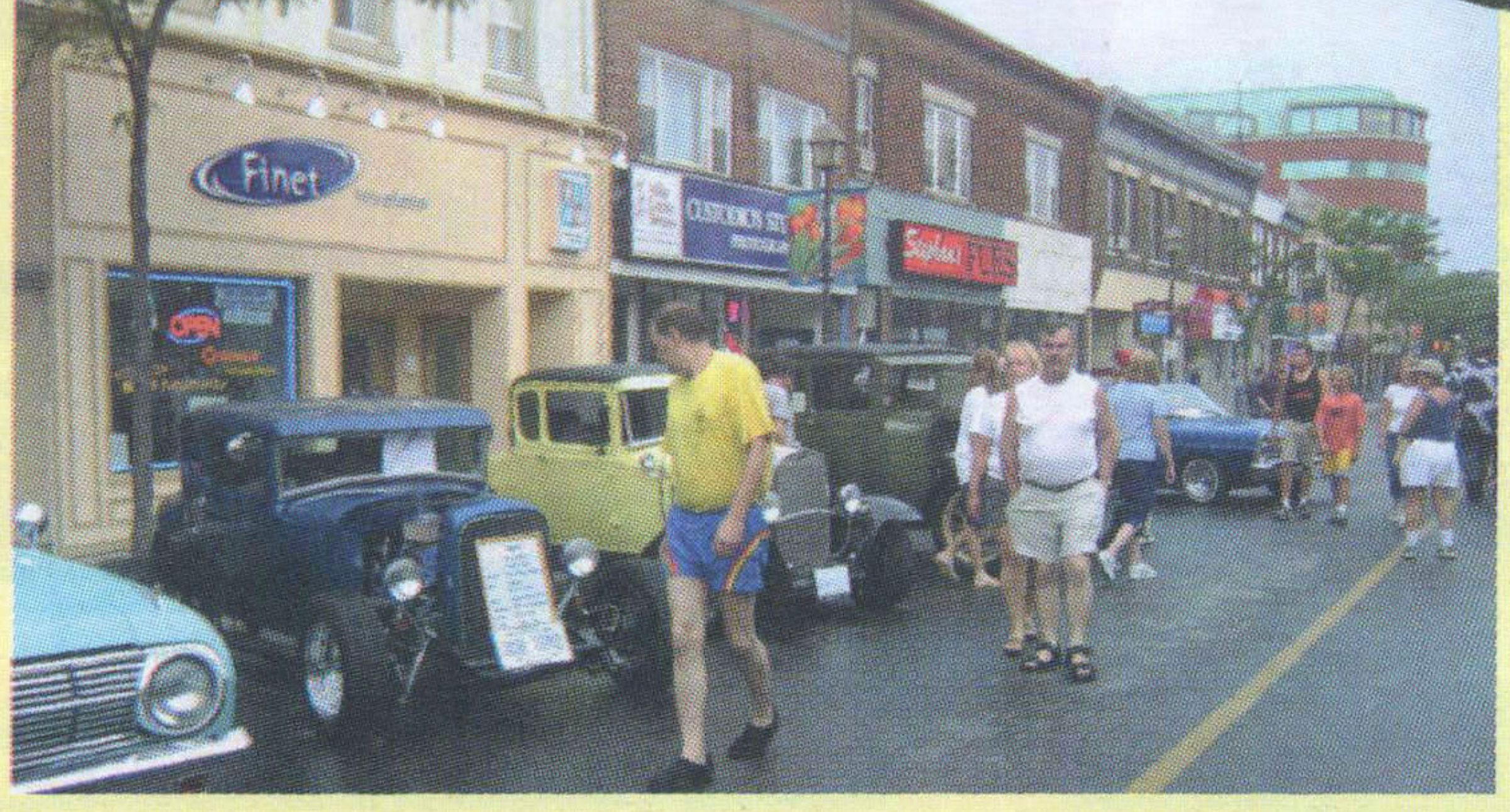
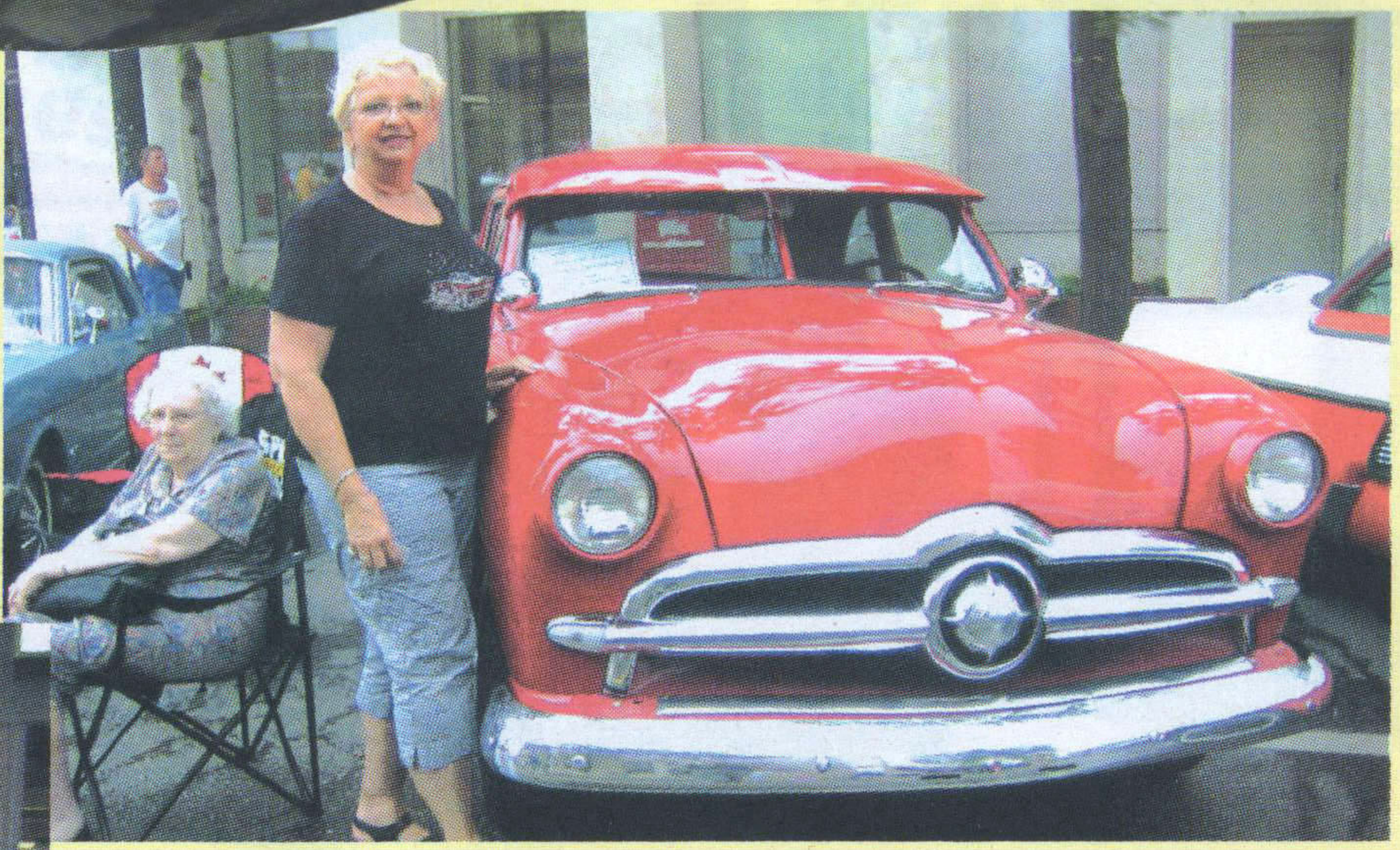


Leslie Ross Zambri
With her 1975 Model
WV Red Beetle

⬇







⬆

Gary Felsbourg
with her 1949
Model Ford
Business Coup

Farrell sues girlfriend over sex tape

Irish bad-boy actor Colin Farrell has filed a lawsuit against ex-girlfriend Nicole Narain claiming she is trying to distribute and profit from their video-taped tryst.

According to the lawsuit, filed July 18 in a Los Angeles Superior Court, the 15-minute video was made by Farrell, 29, and model-actress Narain, 31, more than two years ago, with the agreement that it would never be publicly released.

Farrell seeks general and compensatory damages, as well as a temporary restraining order and injunction prohibiting the promotion and sale of the tape.

In the lawsuit, Farrell accuses Playboy model Narain of trying to distribute the tape through an intermediary. He also claims that Narain has been working with the owner of an Internet porn business, contacting the news media about the tape, which he claims is an "outrageous attempt to capitalize on the celebrity" of the actor.

The lawsuit states that the release of the videotape would irreparably harm Farrell's reputation and career, and demands the return of all videotape copies.

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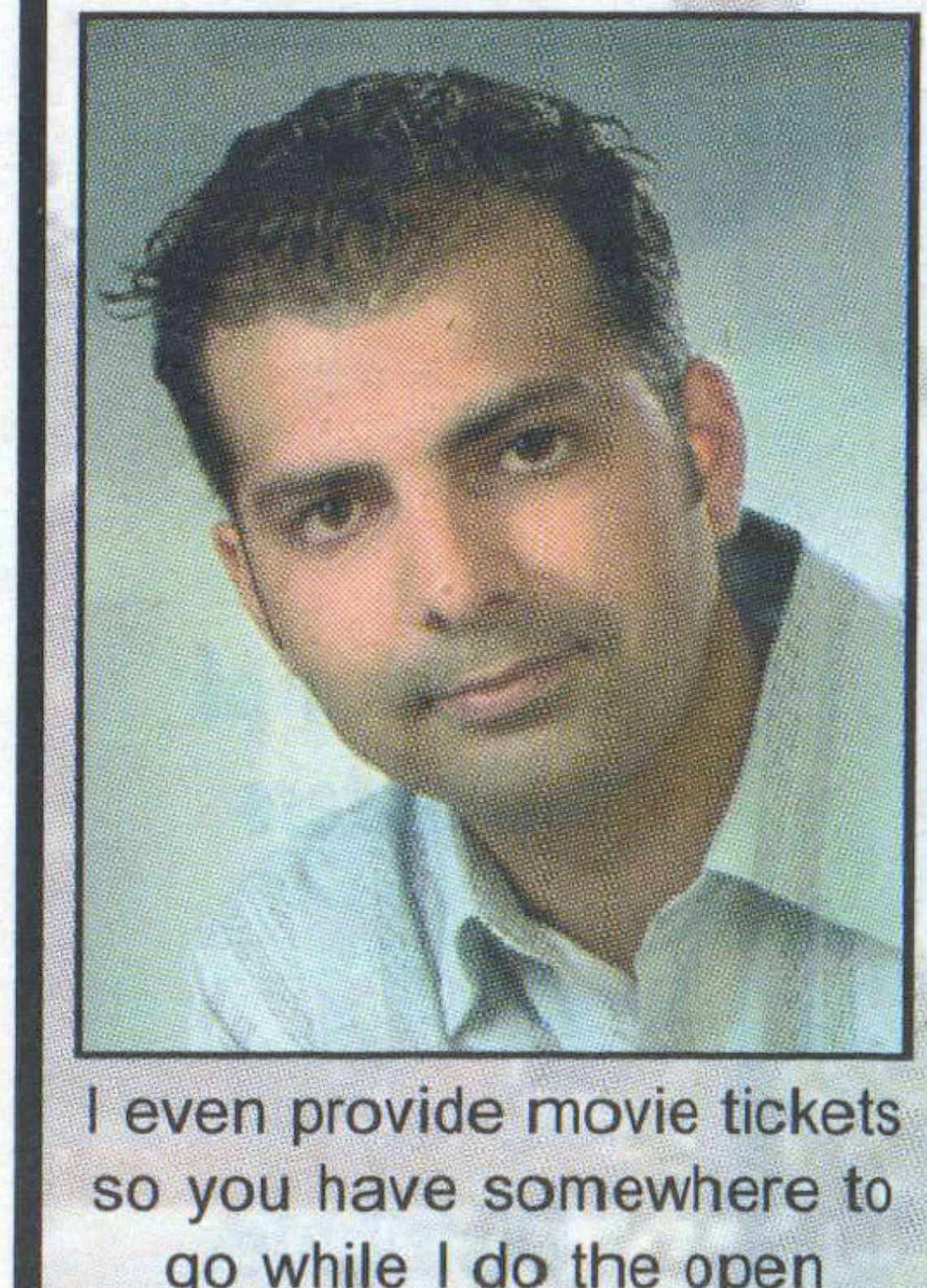
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Anderson, Lee: third time around

Pamela Anderson will reportedly marry rocker Tommy Lee this week – for the third time.

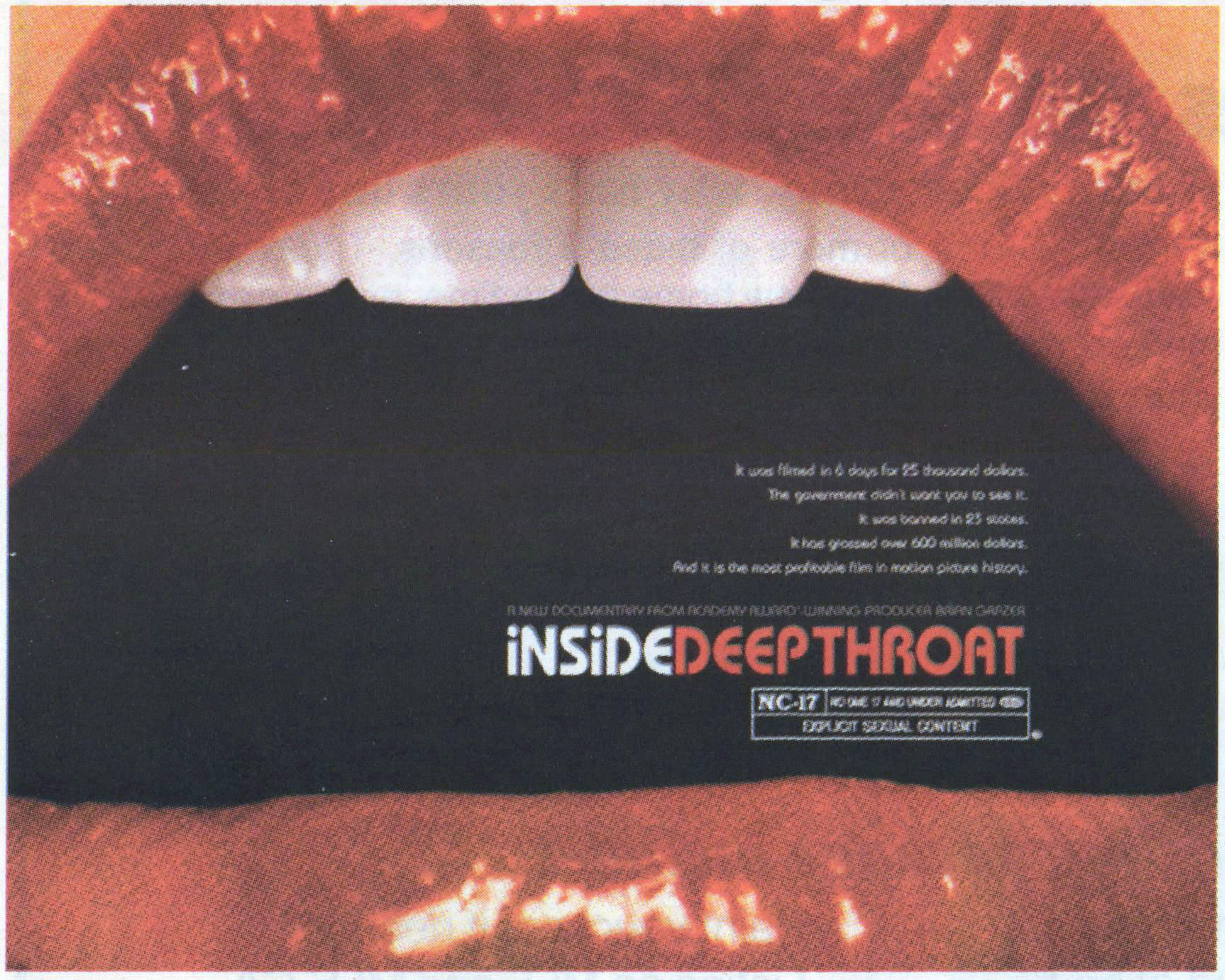
The pair tied the knot on a beach just days after they met in 1995. They had two sons together, but divorced in 1998.

Anderson has since been linked to a number of suitors, including an engagement to musician Kid Rock and a linking to actor Stephen Dorff (*Blade*), from whom she recently split

According to PageSix.com, Lee proposed in Las Vegas on July 16, with Anderson telling friends the wedding would take place "this week."

A source tells the web site:, "He got her a black diamond with two gray diamonds on the side. After she said yes, they flew on the Palm's private jet back to L.A.

Inside Deep Throat DVD to be released September 20


It was filmed in 6 days for 25 thousand dollars.
The government didn't want you to see it.
It was banned in 23 states.
It has grossed over 600 million dollars.
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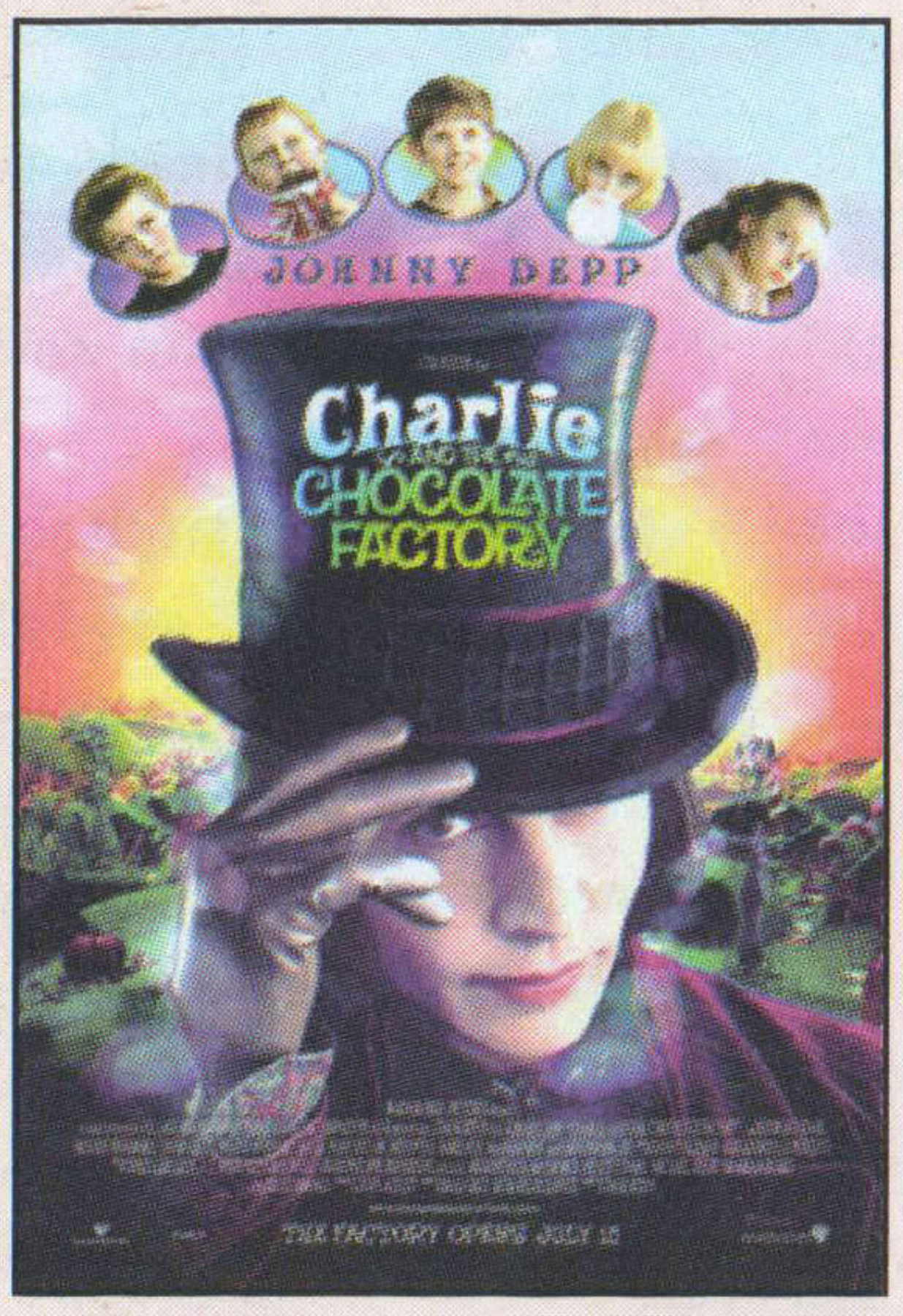
INSIDE DEEP THROAT
NC-17 NO ONE 17 AND UNDER ADMITTED
EXPLICIT SEXUAL CONTENT

The most controversial film of the 1970s is coming to DVD September 20 – or at least a documentary based on the movie.

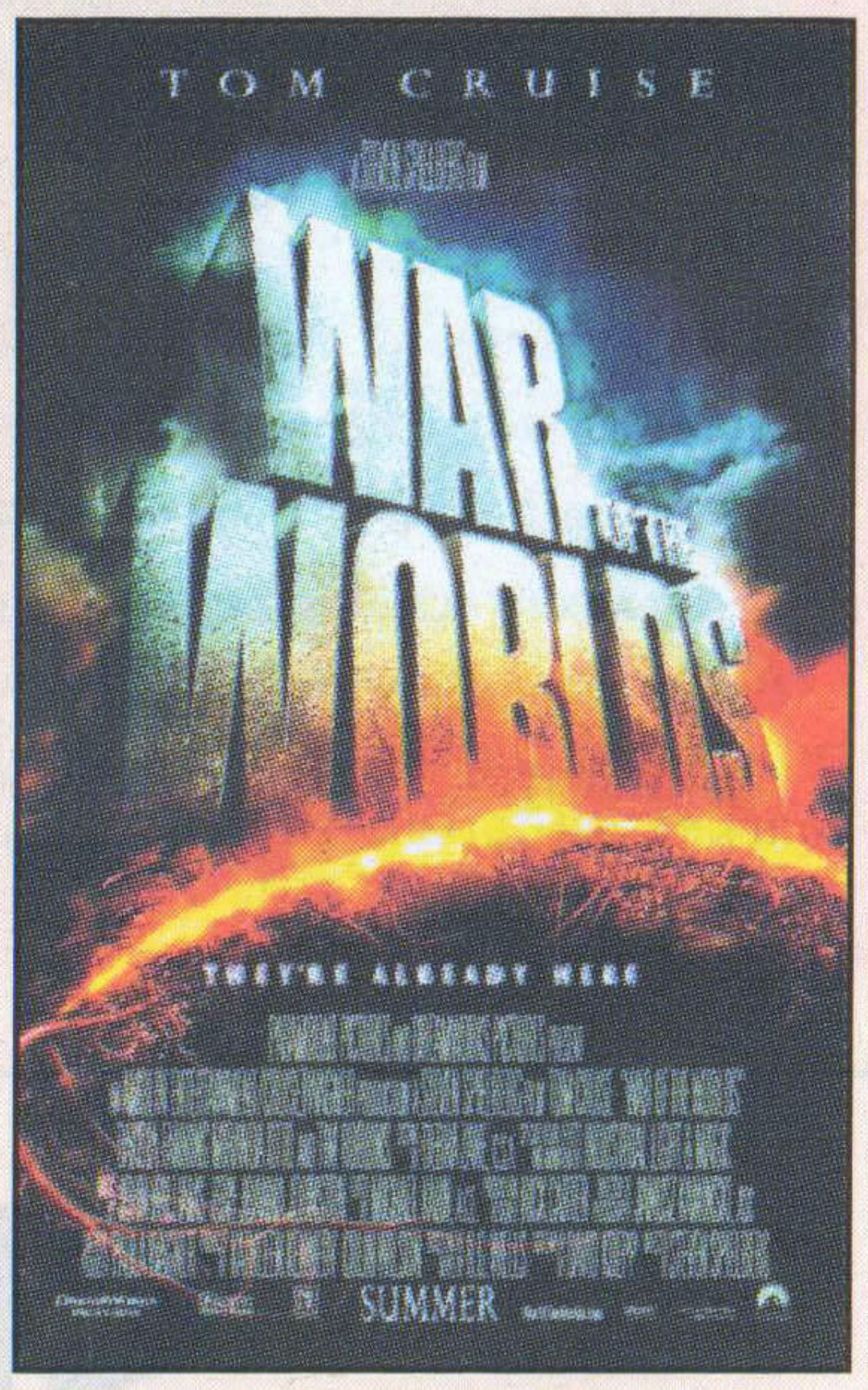
Inside Deep Throat, produced by Imagine Entertainment's Brian Grazer and narrated by Hollywood legend Dennis Hopper, investigates one of the watershed moments of the 20th century. The film chronicles the filming and fallout of the first mainstream porno film, a movie that despite being banned in 23 states, changed the way America talked about sex. Using intriguing contemporary interviews and spectacular archival footage, *Inside Deep Throat* introduces the people whose lives were changed by their involvement in this groundbreaking movie. Helping put the film in historical context is a wide array of social critics, from Norman Mailer to John Waters, and from first amendment attorney Alan Dershowitz to obscenity prosecutor Larry Parish. Interviews with anti-porn crusader Charles Keating and x-rated actress-turned-disco diva Andrea True lend even more colour to the documentary.

The disc will be available in R and NC-17 rated versions.

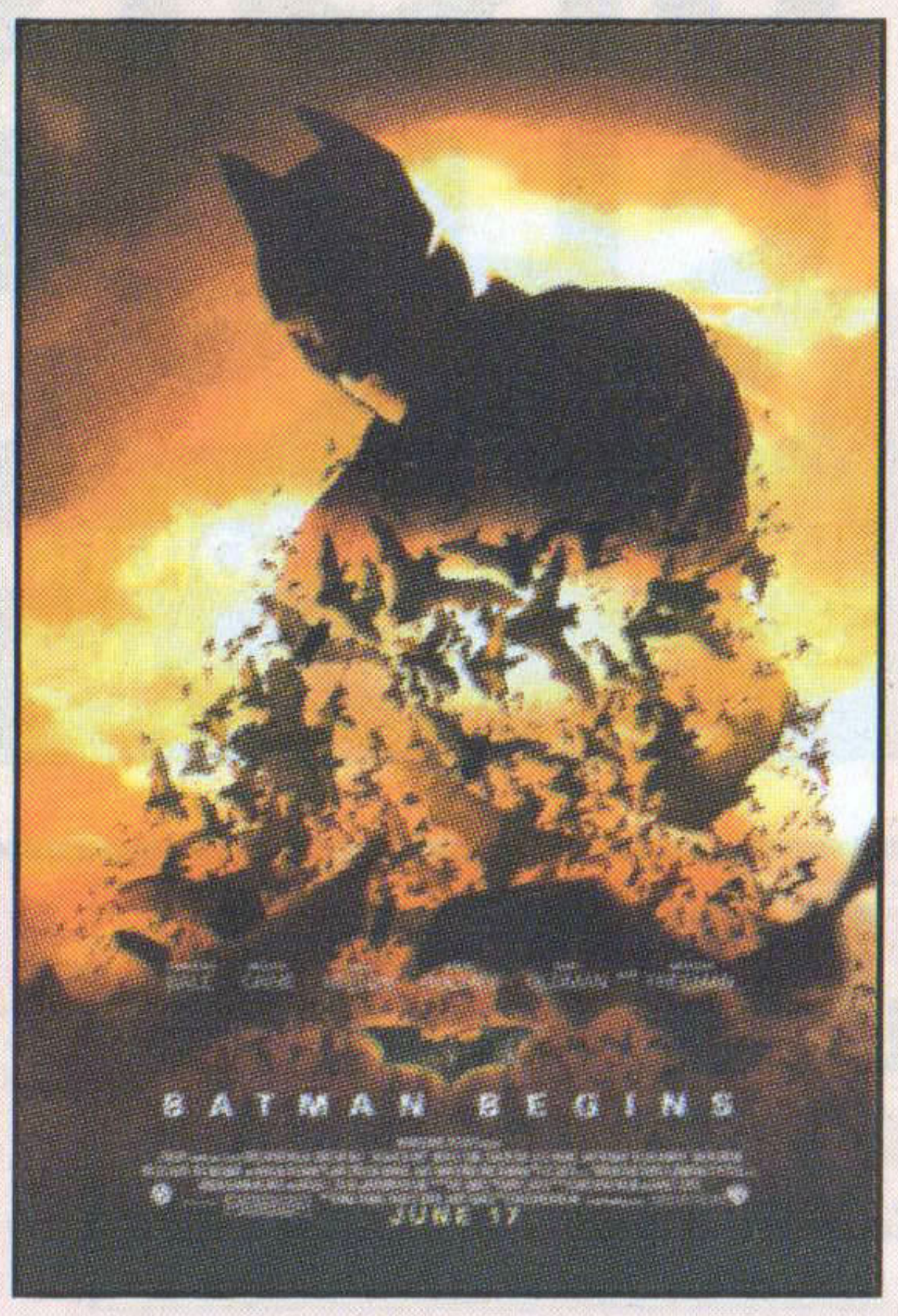
Box Office Pix



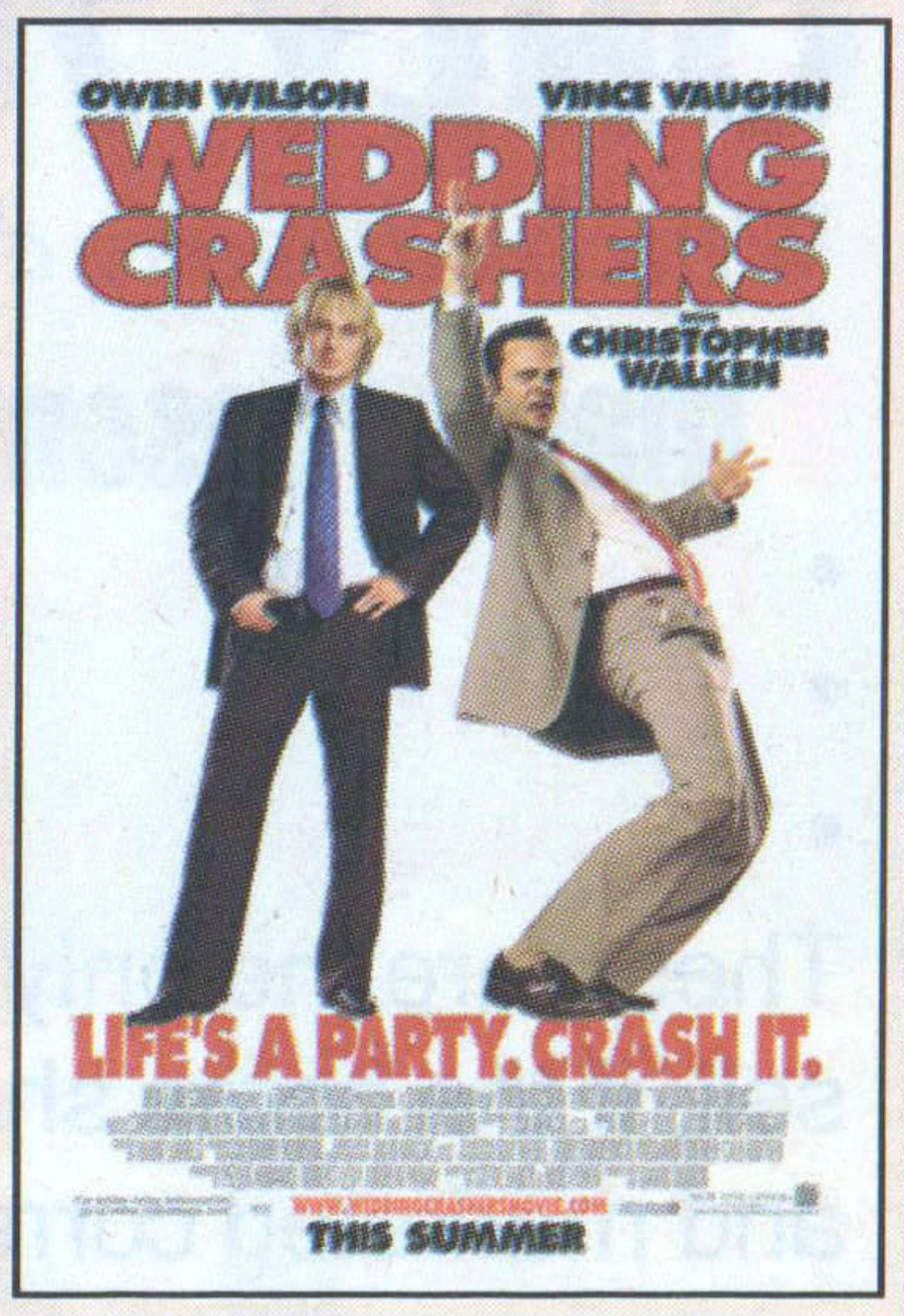
Movie
Charlie and the Chocolate Factory
Number of theaters
3,770
Distributer
Warner Bros.



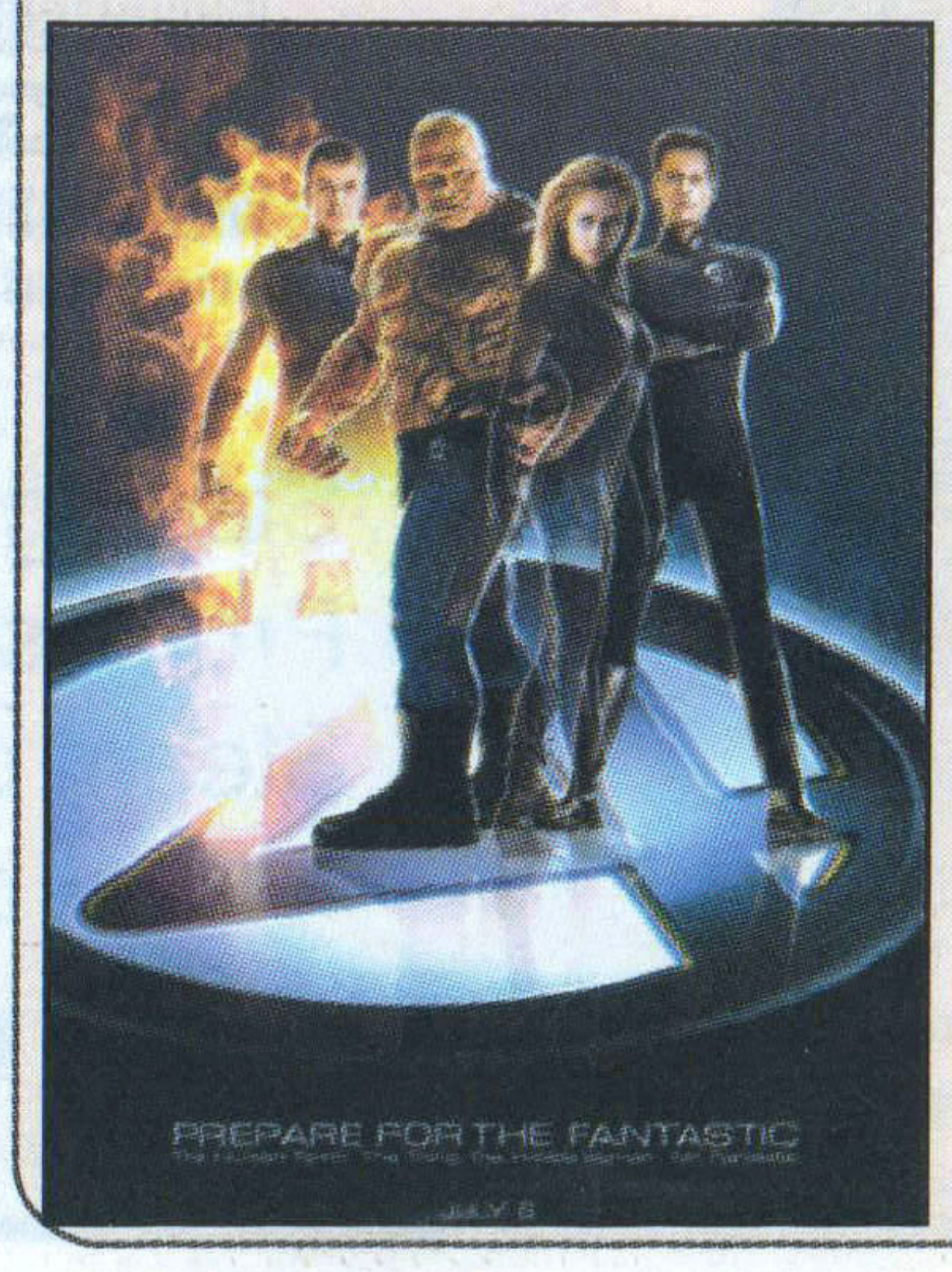
Movie
War of the Worlds
Number of theaters
3,724
Distributer
Paramount



Movie
Batman Begins
Number of theaters
2,810
Distributer
Warner Bros.



Movie
Wedding Crashers
Number of theaters
2,925
Distributer
New Line



Movie
Fantastic Four
Number of theaters
3,639
Distributer
Fox

FINLEY SAYS E.U. AND U.S. AGRICULTURE SUBSIDIES MUST GO

OTTAWA – While attending high level meetings with senior government officials from around the world, Official Opposition Agriculture Critic, Diane Finley (MP, Haldimand-Norfolk), urged elected officials and trade specialists from the European Union (E.U.) and the U.S. to lower their subsidies to agriculture and increase market access for Canada's agricultural exports.

"When it comes to trade, the numbers don't lie: some 90 percent of Canada's agricultural sector depends on international trade – and when our access to other markets is threatened, our agricultural sector is on the line," said Finley. "With European Union and American subsidies at their current levels, many of our producers face an unfair market situation that is simply not sustainable or acceptable. The fact of the matter is that no one can compete against the treasuries of the E.U. and the U.S. For example, our grain and oilseed producers continue to face crippling foreign subsidies and unfair tariffs with estimated losses of $1.3 billion annually."

In her discussions with Members of Parliament from the European Union and U.S. trade and government officials – including Congressman Bob Goodlatte, Chair of the U.S. Congress Agriculture Committee – Finley emphasized the importance of achieving the fundamental goals of the current Doha round of World Trade Organization talks. These goals include: achieving substantial improvements in market access, the phasing out of export subsidies and substantial reductions in trade-distorting domestic support.

"It is vital that Canada's negotiators do not leave the table without achieving the fundamental goals of the negotiations," continued Finley. "For the sake of our country's agricultural producers, we need to get a deal in this round, but we can't do that if we're not at the table. That is why the Conservative Party is committed to being a consistent and passionate voice for opening world markets for Canadian exports. Increased international trade is a key to Canada's future prosperity. Whether it's grain and oilseed farmers, ranchers, pork producers, or others, free markets and open international borders mean more money in the pockets of our producers."

NDP Backs Environmental Groups On Need To Enforce CEPA, Not Set Up Biased Advisory Committee

TORONTO - NDP Leader Jack Layton and Environment Critic Nathan Cullen (Skeena – Bulkley Valley) today rejected Environment Canada's plans to set up a special "Chemicals Sector Sustainability Table" to consult on pollution issues.

"In the midst of a summer where Southwestern Ontario is experiencing the worst smog record in history sending more people to hospital with breathing difficulties than ever before, the very last thing we need to do is sit down and talk more about the problem," said Layton. "We already have a mechanism to deal with pollution in the Canadian Environmental Protection Act (CEPA), but Environment Canada doesn't have the will to enforce it."

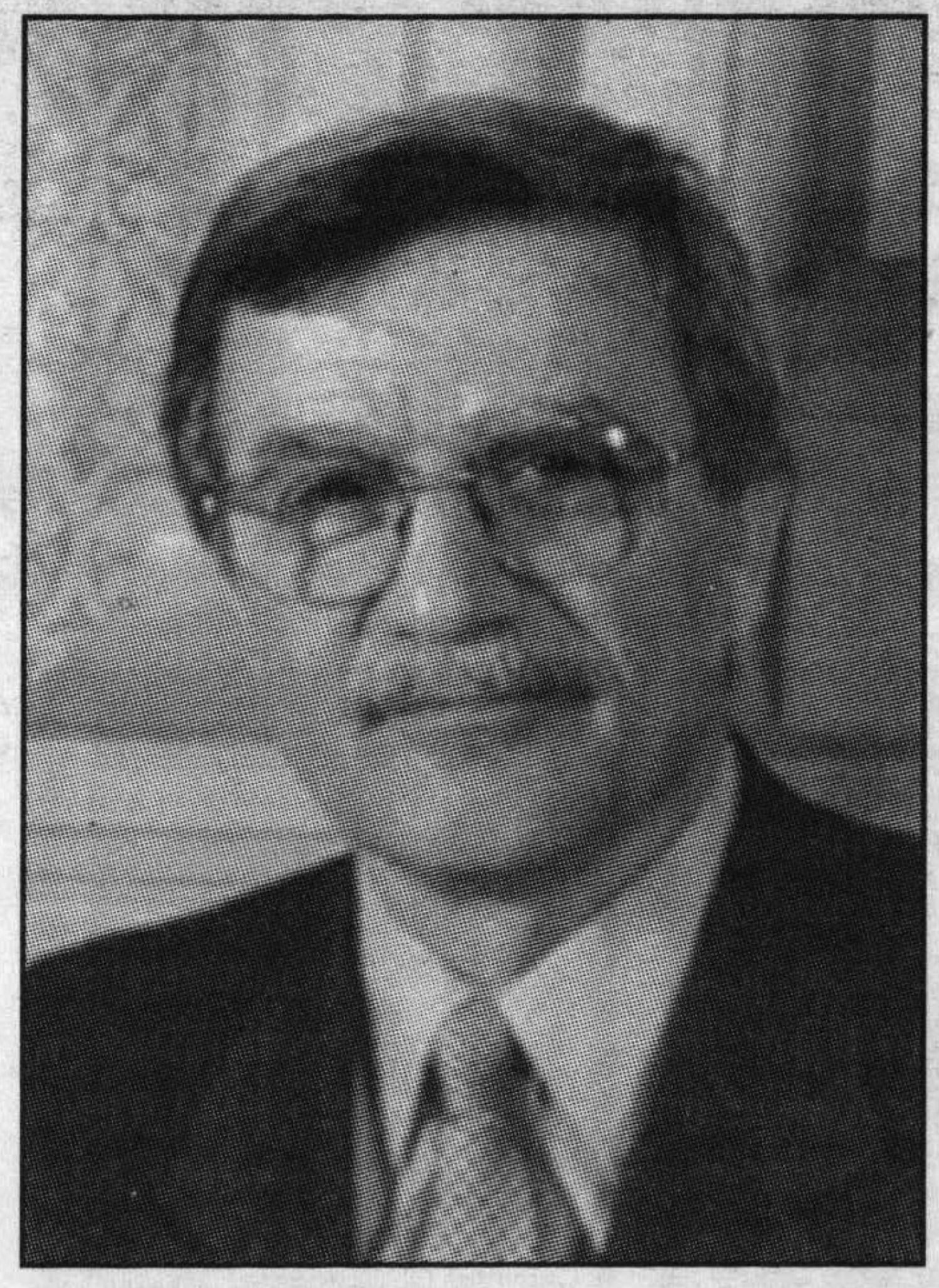
Yesterday, 21 leading Canadian environmental groups issued a statement calling the Chemicals Sector Table process flawed and refused to participate in it charging that it shows the federal government is continuing to kowtow to industry rather than play a leadership role in the interest of the public.

"It's a bit like letting a fox loose in the hen house," observed Cullen. "The Government is once again allowing Industry to self-regulate, a practice that is proven to be ineffective in reducing pollution. The result is uncertainty, both for the public who do not believe that the pollution problem will be resolved through more talk, and for progressive businesses that are looking to do the right thing and reduce pollution. This delay tactic once again favours businesses that look to maintain the status quo."

The NDP continue to push the Government to address environmental issues. Earlier this year, the Government agreed to a better balanced budget that saw $900 Million in new money committed to environmental causes. In the Standing Committee on the Environment and Sustainable Development, Cullen was instrumental in strengthening a report on Canada's implementation of the Kyoto Protocol, which called on the Government to make significant changes to the way it is addressing the issue of pollution.

Sarkis Assadourian got appointed as a citizenship judge in Toronto

Sarkis Assadourian is a well-known and well-respected community leader in the Greater Toronto Area. A former member of Parliament, he is also the former Executive Director of the Armenian Community Centre in North York. As a member of Parliament, Mr. Assadourian was the Parliamentary Secretary to the Minister of Citizenship and Immigration and the Chairman of the Standing Committee on Citizenship and Immigration. He was appointed a citizenship judge in Toronto.



Citizenship judges are appointed by order-in-council and are responsible for making decisions with regard to applications, presiding over citizenship ceremonies and administering the oath of citizenship to new citizens.

Corporate Welfare Plan Fails on All Counts

OTTAWA – James Rajotte, Member of Parliament for Edmonton-Leduc and Senior Opposition Critic for Industry, Science and Technology today admonished Industry Minister David Emerson for backing out of the promise to make Technology Partnerships Canada (TPC) program a cost recovery program. According to Emerson, a good deal of the $2.8 billion in taxpayer dollars that was supposed to be repaid is now forgone and will never be collected.

"The Minister's comments prove the Conservative Party has been right all along," said Rajotte. "TPC is nothing but a corporate welfare program designed to support a few companies at the expense of taxpayers and with little or no long term positive effect on the economy."

In 1996 when the program was created, the Liberals promised that every TPC investment would be fully repayable.

"TPC has been a complete sham for taxpayers," said Rajotte. "The Liberals have made phony promises for years about how much money would be returned to the taxpayer under this program."

The changes suggested by Emerson call into question the mandate of the TPC program. In addition, his comments that TPC has turned into a granting program raise questions about how TPC will be categorized by the World Trade Organization, which limits some forms of business subsidies.

"I want to see a huge improvement in the transparency and accountability of the program," stated Rajotte. "Quite simply, I want to have a public accounting of every penny – where it has gone and if it will ever come back."

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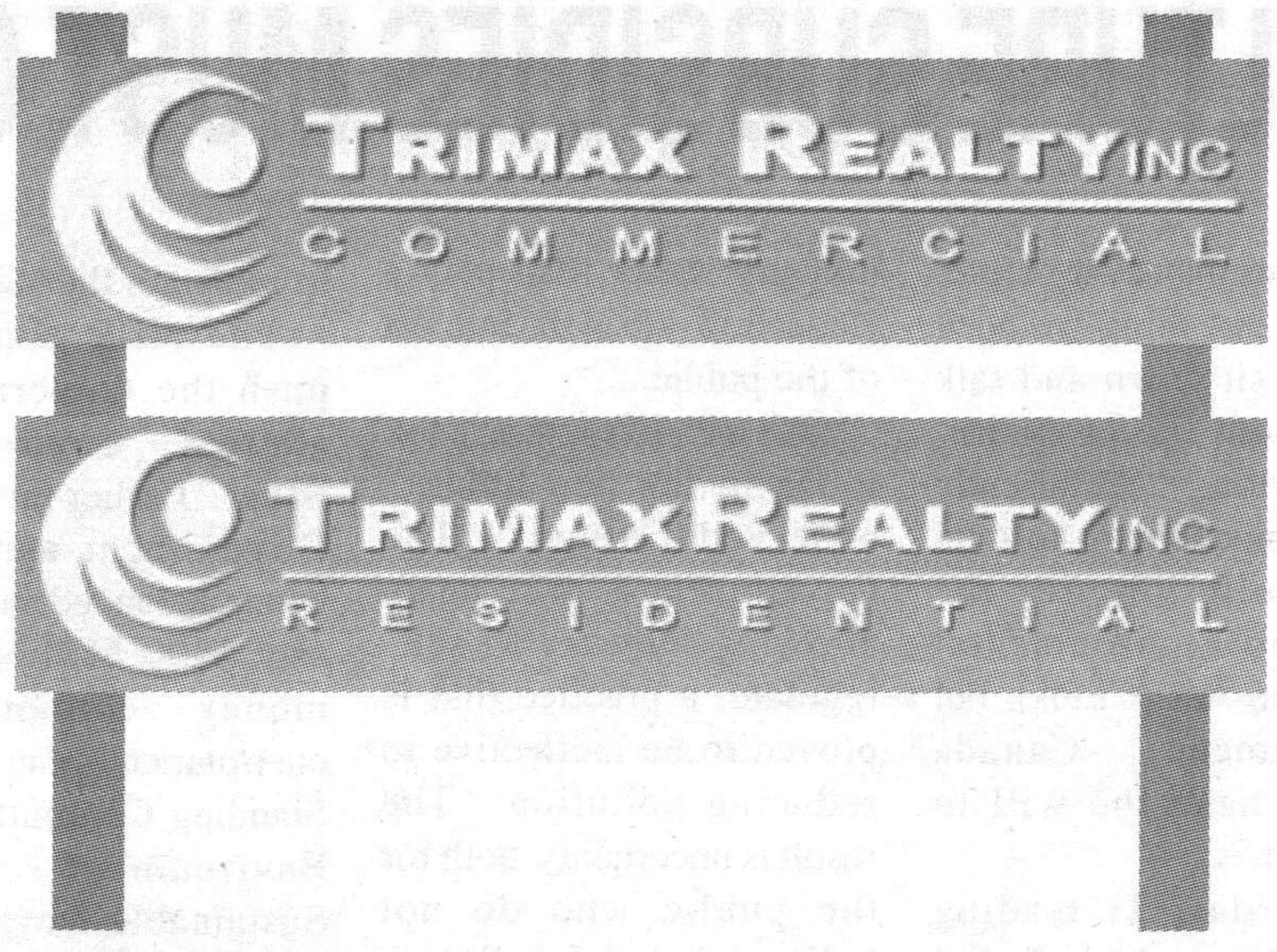

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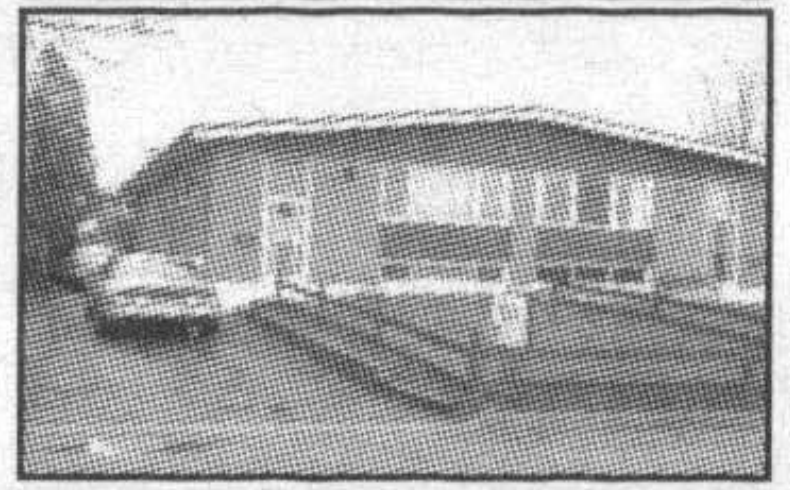

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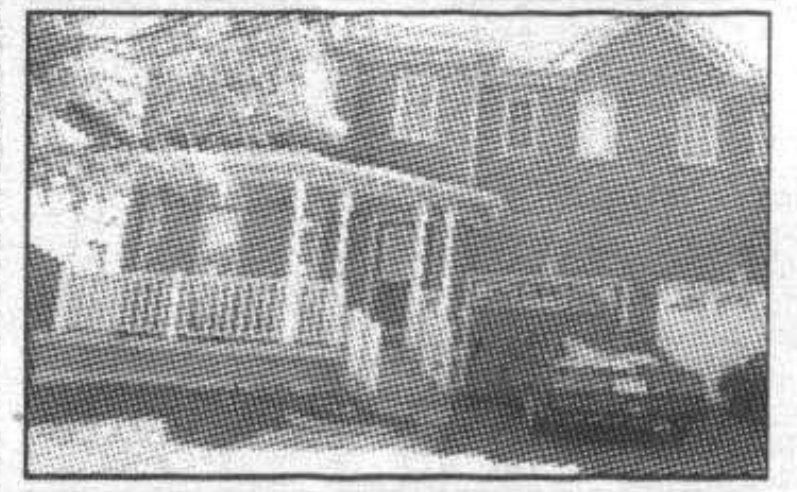

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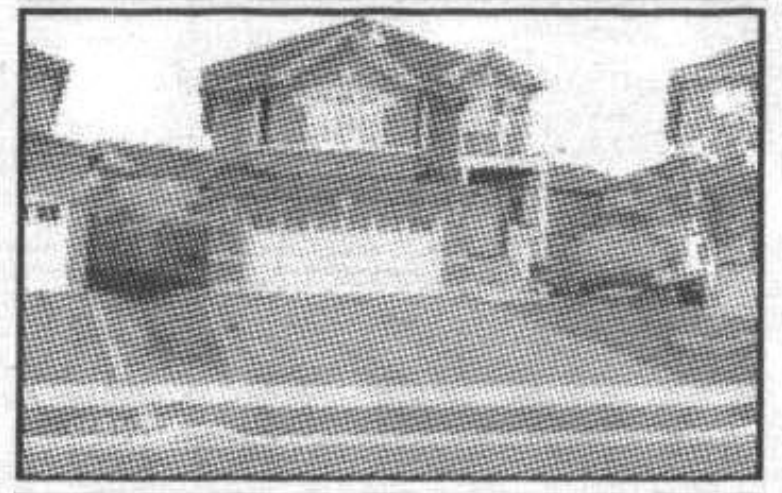

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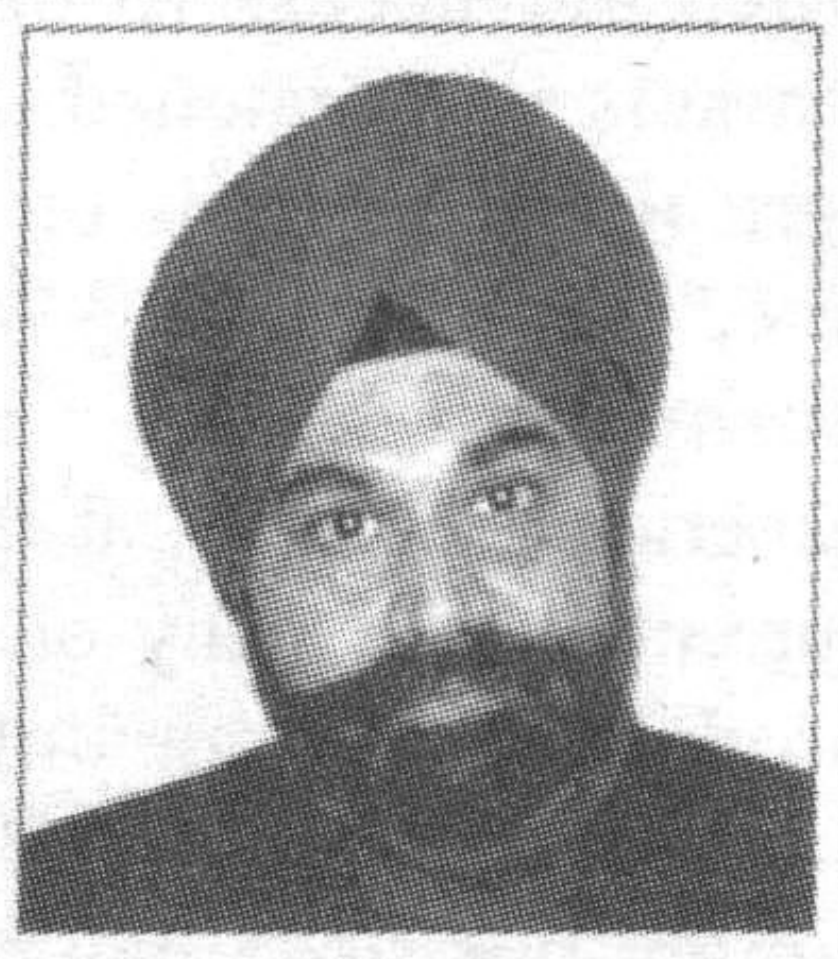

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3,300 SQ. FT. FIN. BSMT.

4 bdrm detached house with finished bsmt as rec rm and one rm plus 2 pc. bath. 45 ft lot, lots, lots of upgrades including crown mouldings, pot lights, main floor laundry, main floor den, main floor has hardwood and ceramics, upgraded kitchen cabinets and lot more. call today to view this property.

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Location, Location, Location, 3 bedroom detached house with finished basement apartment. This house has walk-out basement, main floor family room, main floor office, very nice and clean, property close to shopping mall, Bus terminal, School, shops, highway and lots more. Perfect house for a starter or investor. Call today to view this house.

4 + 3 BDRM. 2 KITCHENS

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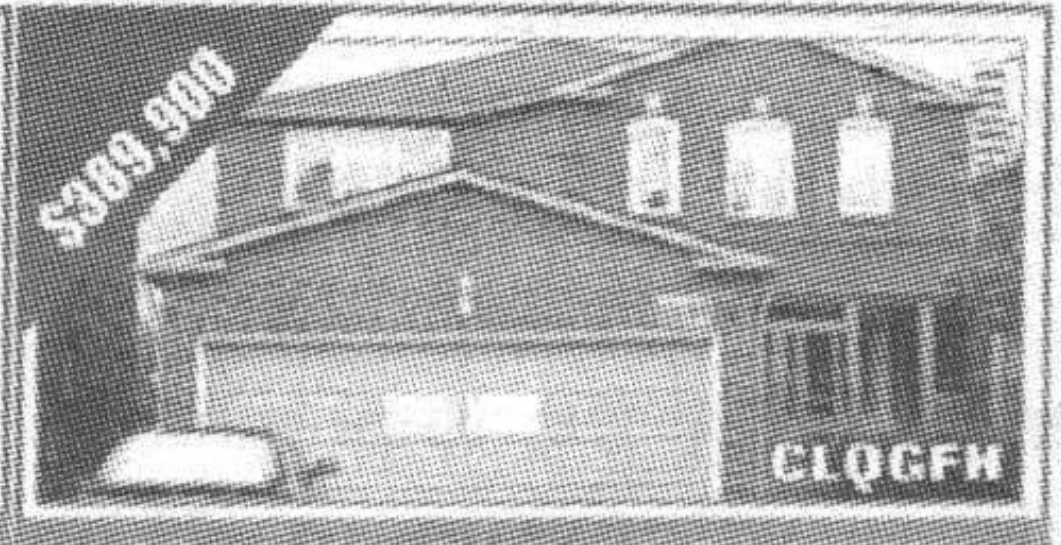

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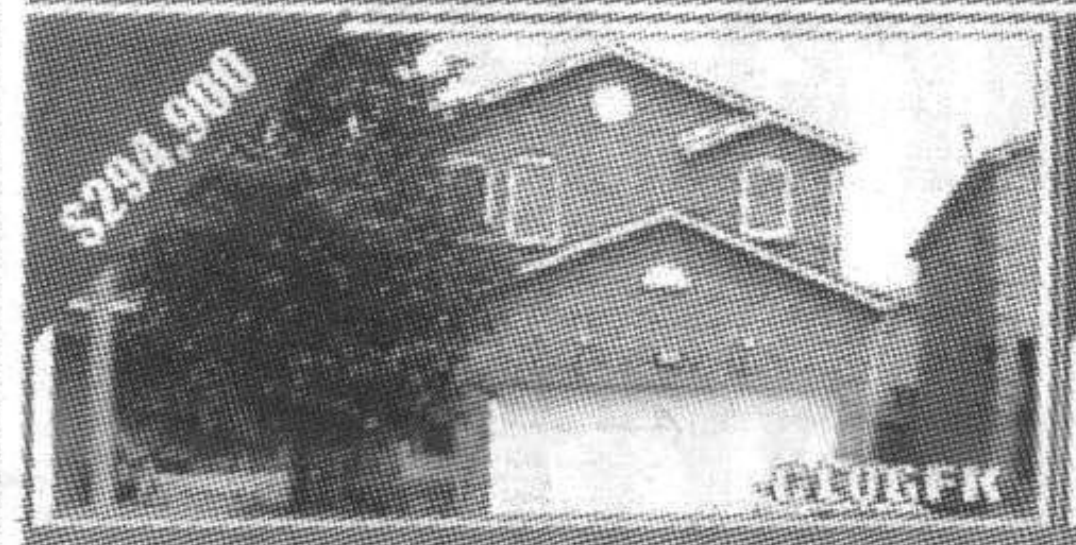

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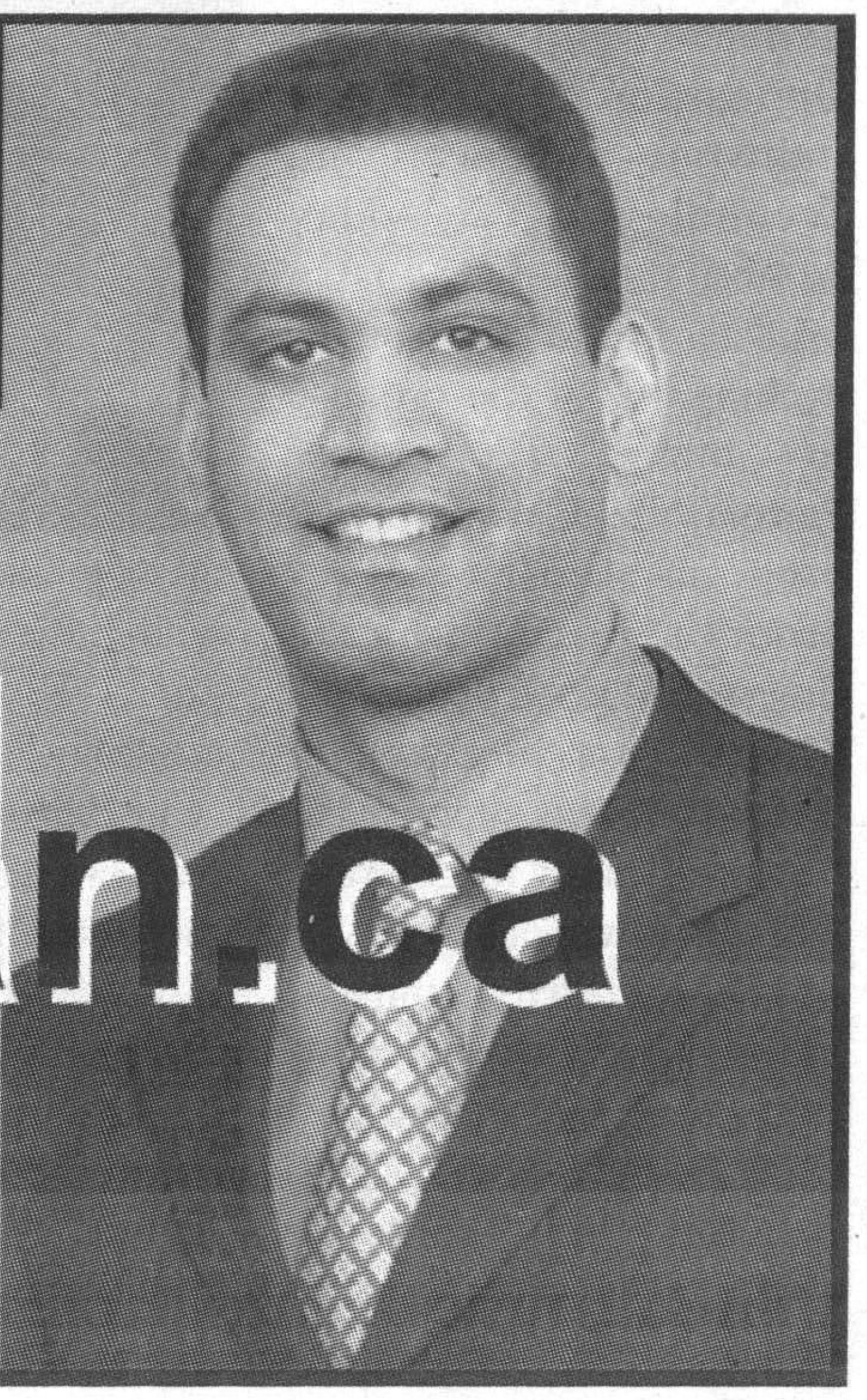

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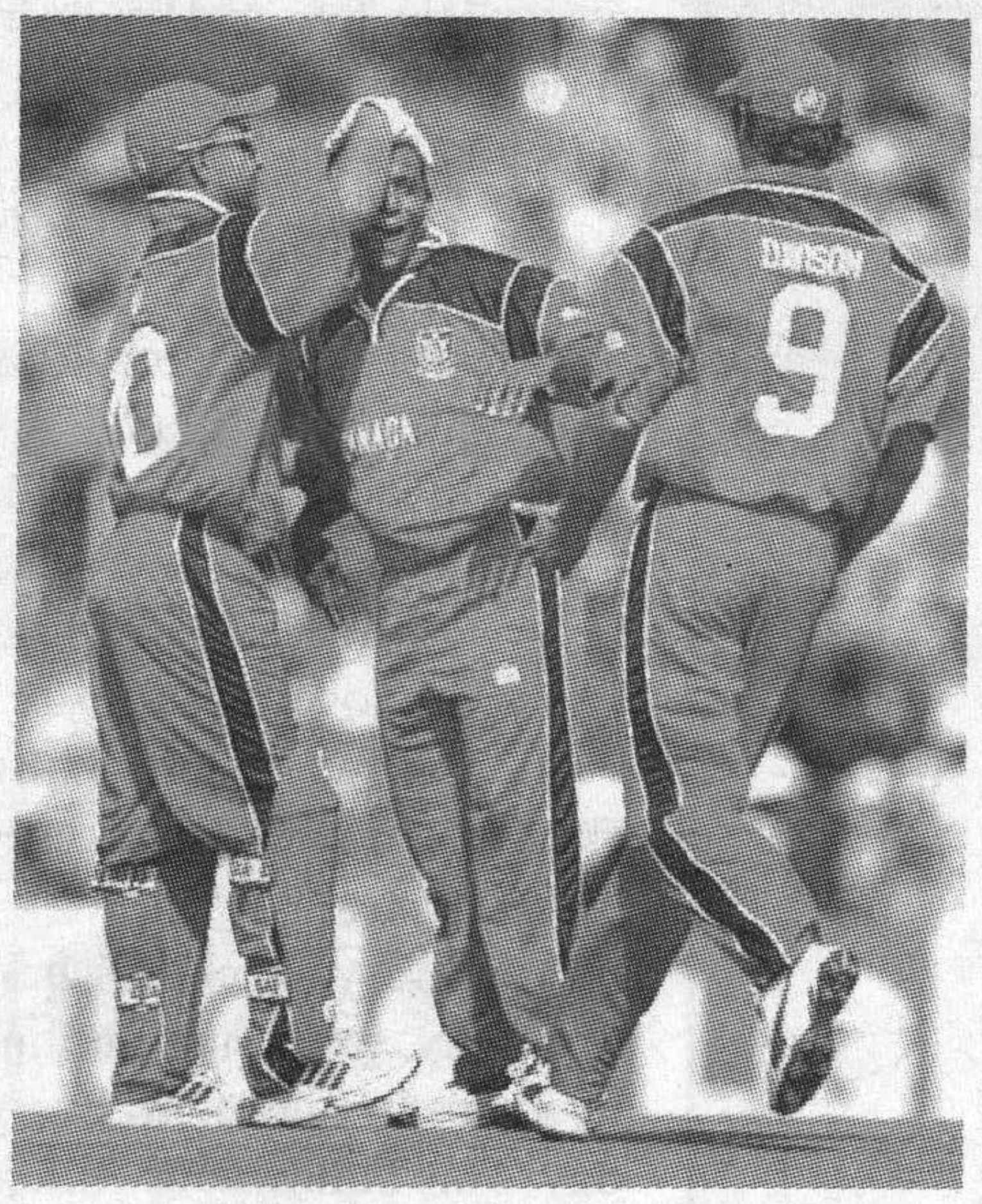
Canada to face New Zealand, England and Kenya in pool 3 at St. Lucia

Scotland will pay price of victory as ICC Trophy Champion

Scotland's 47-run win over Ireland today in the International Cricket Consul (ICC) Trophy final in Ireland confirms the groupings for the first stage of the 2007 World Cup. The fixtures schedule for 2007 is now finalized and, along with the tournament dates, was announced on July 19 in Trinidad.



Scotland's reward for winning the ICC Trophy is a place alongside Australia, Holland and South Africa in Pool 1 in St Kitts, where Australia and South Africa are tough teams and even Holland may topple Scotland. While the Scots may end up with zero on point table, they can still enjoy the title of ICC champions. Ireland will be in Pool 4 with the host West Indies, Pakistan and Zimbabwe.

In Pool 2, Bermuda will take on Sri Lanka, India and Bangladesh in Trinidad and Tobago, while Canada will be in Pool 3 in St. Lucia with New Zealand, England and Kenya.

The World Cup hosts, the West Indies, will play the first match of the 2007 World Cup against Pakistan, in Jamaica, on March 13, 2007. The losing team will have to defeat Zimbabwe to stay in the competition. The match, from Group D, will be staged at the newly renovated Sabina Park in Kingston, Jamaica.

Australia, the defending champions, will open their tournament against Scotland in St. Kitts on March 14, a perfect practice match for Australia. Overall, the tournament will encompass 51 matches in 47 days, with the final taking place in Barbados on April 28.

Trinidad and Tobago will host Group B. This group's first match will be played on March 15 when Sri Lanka meets Bermuda. India and Sri Lanka will meet in the group's showpiece game on March 23. These two teams are almost certain to qualify for the next round unless Bangladesh causes an upset. Bangladesh recently defeated World Champion Australia in England this summer.

Team Canada will launch its campaign in World Cup 2007 on March 14, facing Kenya at St. Lucia, which is hosting England's group for the round robin stage of the tournament. England will face New Zealand on March 16.

The round robin play will see six games over a period of 11 days in each of the four groups. The winners and runners-up from each group will advance to the Super 8 stage of the tournament where teams will play each of the other advancing teams, except those teams from their original group, for a total of six games each.

The Super 8 stage of the tournament, which begins on March 27, will be played in four countries: Antigua, Guyana, Grenada and Barbados. Australia, Pakistan, England, India, Sri Lanka, South Africa, New Zealand and West Indies are favoured to qualify for this round, but Zimbabwe, Bangladesh and Kenya are capable of executing a big upset. The last match of this segment of the tournament will take place on April 21.

Canada is a capable team competitively, if the team repeats the form they showed in the matches against Bangladesh and Kenya in the last World Cup. In 2003, Kenya won its match against Canada in the final, with Canada causing a huge upset by defeating Bangladesh with a 60-run margin. Then, Davison hit out West Indian bowlers all over the park.

In the semi-finals, the four remaining teams will travel to Jamaica and St. Lucia. Sabina Park in Kingston, Jamaica will be the venue for the first semi-final game on April 24, where the second and third place finishers from the Super 8 will square off against each other.

On April 25, Beausejour Stadium in St.. Lucia will stage game two of the semi-final, pitting the first and fourth place finishers from the Super 8 against each other.

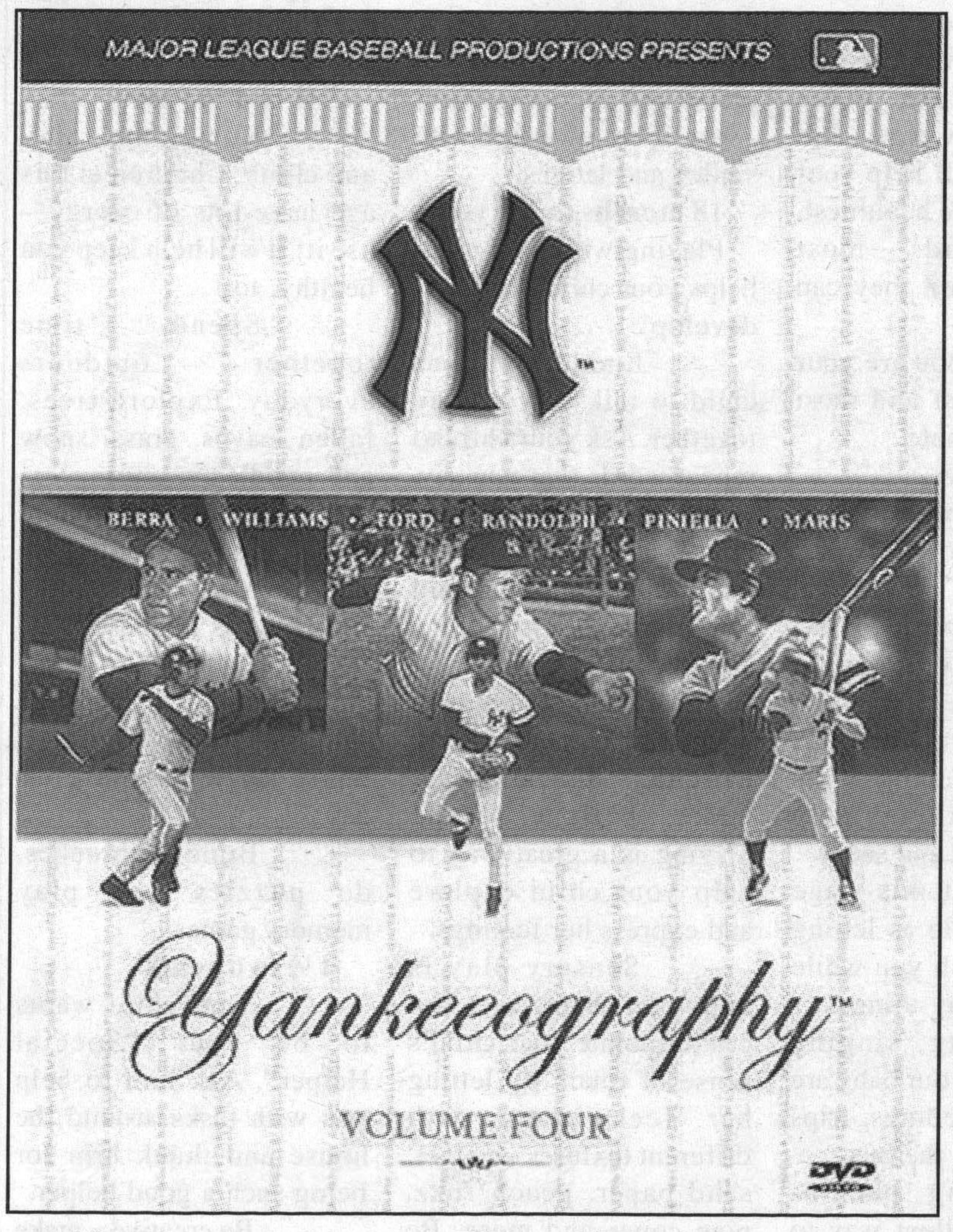
The event logo and event mascot were also unveiled at an event in Trinidad and Tobago, introducing the event mascot – a teenage character called "Mello," who embodies the Trinadad and Tobago lifestyle.

Local hockey stars!

Major League Baseball Productions, Hart Sharp Video present: Yankeeography Volume Four

New three-disc DVD set continues series of DVD volumes profiling the most celebrated players in New York Yankees history

On Tuesday, July 26, Major League Baseball Productions, the Emmy® award-winning television and video production division of Major League Baseball, and Hart Sharp Video will release YANKEEOGRAPHY Volume Four, a three-disc DVD set produced by Major League Baseball Productions that profiles six more of the most distinctive players in New York Yankees history. YANKEEOGRAPHY Volume Four will contain episodes of the "YANKEEOGRAPHY" series featuring Hall of Famers Yogi Berra and Whitey Ford, and All-Stars Roger Maris, Lou Piniella, Willie Randolph and Bernie Williams.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Presented in Dolby Digital 5.1 Surround Sound, YANKEEOGRAPHY Volume Four will be sold at retail outlets nationwide at the suggested retail price of $24.99 and also can be ordered by visiting the shop section of MLB.com, the official website of Major League Baseball.

A third disc contains more than two hours of bonus features, including rare footage not seen in the "YANKEEOGRAPHY" television series: Williams winning the 1998 batting title, the National Baseball Hall of Fame inductions of Berra and Ford, Maris' walk off home run in game three of the 1961 World Series and an interview with Piniella.

Produced by Major League Baseball Productions and airing exclusively on the Yankees Entertainment and Sports Network (YES), "YANKEEOGRAPHY" is the signature, award-winning biography series that brings the greatest names in New York Yankees history to life. The series has garnered five New York Sports Emmy® Awards since its premiere in 2002.

YANKEEOGRAPHY Volume Four continues the series of DVD volumes featuring the New York Yankees biography programs. YANKEEOGRAPHY Volume One was released in April 2004 and features episodes profiling Derek Jeter, Babe Ruth, Ron Guidry, Thurman Munson, Joe Torre and Don Mattingly; YANKEEOGRAPHY Volume Two, released in September 2004, highlights episodes on Lou Gehrig, Elston Howard, Mickey Mantle, Paul O'Neil, Mariano Rivera and Phil Rizzuto. Released in April 2005, YANKEEOGRAPHY Volume Three contains episodes on Joe DiMaggio, Catfish Hunter, Reggie Jackson, Goose Gossage, Bobby Murcer and Jorge Posada. All YANKEEOGRAPHY DVDs continue to be available at retail.

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Child Care with Peel Region Guidlines

Source: Region of Peel

Scientists have proven the experiences you share with your child in their first six years will last a lifetime.

Playing with your child is one way you can contribute to your child's healthy development

How Old is Your Child?

From the very beginning of your child's life, he is engaging in play with you. It might be as simple as following your face as you move it slowly from one side of his to the other or listening to your voice as you sing to him during his diaper change. He is at work, learning and exploring.

Toddlers and preschoolers love to help you with everyday activities. Let them help you sweep the floor, count items at the grocery store and get themselves dressed. Build play into these everyday activities (and more) and you'll help your child become the healthiest, happiest and most successful person they can be.

As a parent you are your child's very first and most favourite playmate.

Ways to Play:

Birth to 6 months old

...sights, sounds and touches

· From birth to six, your child enjoys simple things like seeing your familiar face, feeling your touch and hearing your voice. These things help them feel warm and secure.

· Play at this stage can be as simple as letting your baby watch you while you do everyday things.

· Talking, singing and reading to your baby are easy during feedings, trips in the car or on the bus.

· Playing peek-a-boo is an excellent way to help your child grow and develop.

· Babies like toys that make noise. Rattles are great when your child is able to grasp them.

Six to 18 months

· Babies learn by playing with food and utensils – meal times can be fun!

· Your child loves to dance to music and use riding toys. Join in the fun – dance together or pretend to ride along.

· Play follow the leader, Simon says and other action games with your child.

· Read to your child everyday, change your voice, talk about the pictures and use puppets and stuffed animals to make book time fun.

· During play, remember to give lots of praise and encouragement – you'll be rewarded with smiles and laughs

18 months to 2 ½ years

Playing with your child helps your child grow and develop!

· Encourage your child to talk as you play together. Ask your child to repeat words that you say. Name items around the house and at the grocery store. You can help build language skills every single day!

· Pretend play with your child. Use old clothes, handbags and shoes to make believe. Role playing is a great way to help your child explore and express her feelings.

· Sensory play is important at this age. You can stimulate your child's sense of touch by letting her feel items with different textures – velvet, sand paper, peach fuzz, pine cones and more. Be creative! Ask your child to describe the feel of each item (soft, fuzzy, scratchy, etc.)

2 ½ to 3 ½ years

· Children this age love building and creating activities using blocks or cardboard boxes.

· Use common, inexpensive household materials to do crafts together.

· Collect and use egg cartons, pie plates, paper towel rolls, old wrapping paper, popsicle sticks, used envelopes and buttons to make crafts and sculptures.

· Get messy – splash in water, clay or mud is a favourite for this age.

· Try counting items around the house or at the grocery store to build play into everyday activities.

3 ½ to 4 ½ years

· Run, jump, play and climb. Children at this age have lots of energy – use it! It will help keep you healthy, too

· Spend time together outdoors everyday. Explore trees, fallen leaves, grass, snow and puddles.

· Books, language games and story telling are important as your child's verbal skills increase.

· Encourage your child to tell you made up stories and sing silly songs. Share stories about your day.

· Build with cubes, do puzzles and play memory games.

4 ½ to 6 years

· Your child wants to be your "Special Helper". Ask him to help you with tasks around the house and thank him for being such a good helper.

· Be creative – make crafts with objects from around the house.

· Playing with letters and numbers teaches children beginning-skills that they need in school.

· Children take great pride in being able to tell you how to spell or write their name.

· Cooking with your child helps you build play into everyday activities. Use the opportunity to talk about healthy food choices.

· Games with rules become a part of play for children 4 ½ to 6 years old. Board games like snakes and ladders, card games and team sports are all games that help your child learn to take turns, negotiate, problem-solve and get along with others.

It's our first issue – tell us how we did!

The BRAMPTON Bulletin
NEWS & REFLECTIONS OF OUR CITY

We always welcome suggestions, comments and even potential contributors. If you are interested in writing for us, or have information or photos to share, we'd love to hear from you. You have your finger on the pulse of Brampton.

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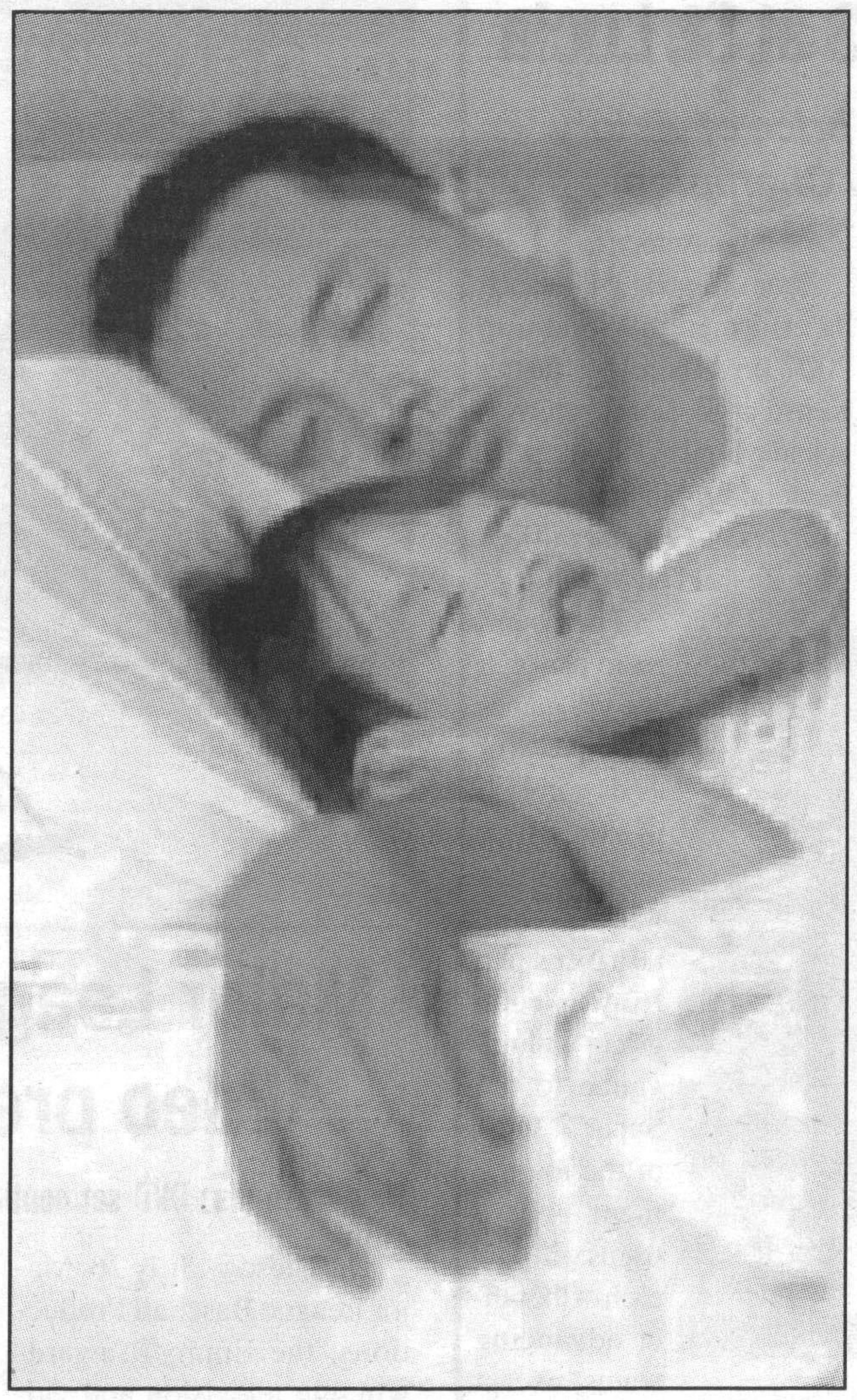
Top Five Things Dads can do to Promote their Children's Health



(Brampton) - As a father, caregiver, or father-to-be you have an important role in your child's health and well-being. While Father's Day is a day to commemorate and celebrate 'Dad', it also acts as an important reminder of the unique relationship fathers have, or will have, with their children.Involved fathers can make a big impact on their baby's successful development. There are many things dads - and expectant dads - can do to support and nurture their child. Peel Public Health recommends the following everyday tips to help children get the best possible start in life:

1. Plan ahead for pregnancy to increase your chances of having a healthy baby.

Smoking, excessive drinking and taking other drugs can affect your sperm. Your health before pregnancy makes a difference.

2. Support mom with continued breastfeeding.

Bringing baby to mom during late night feeds, burping and cuddling all help to build your special father-child relationship. Supporting mom will not only give her the confidence to continue breastfeeding, it will help her return to her pre-pregnancy weight. What's more, breastfeeding is convenient, free, and has been shown to boost a baby's IQ (Health Canada, 1998).

3. Show your children love.

Comfort, hug, and kiss your child every day. This will help build their sense of trust. Showing affection is the best way to let your child know you love them.

4. Play with your child in a manner that is age-appropriate.

You are your child's best toy! Play, read, sing and interact with your child every day. This builds your child's language and communication skills.

5. Praise your child's actions and abilities often.

What fathers do and say plays an important role in how their children see and feel about themselves. We come in different shapes and sizes. We have different strengths and interests. Focus on what your child does well and love your child for who they are. This is your day to celebrate the great dad that you are, and will continue to be!

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Life... everyday

By Meena

Hot topic: Colour

The Brampton Bulletin is pleased to introduce its "Lifestyle" section, which takes a look at hot topics that affect our everyday life. Every week, this section will be jam-packed with information and tips of interest to you. This week, we take a look at how colour impacts us – from the food we eat and the clothes we wear, and even the flowers we pick. So, why then are we colour-shy?

To understand colour and how we react to it, we first must look to the basics – Colour Psychology.

Red

Reminiscent of hearts and passion, red has a dramatic effect on humans, demanding our attention with its boldness and confidence. Red is often used in kids' rooms and places where we want people to be upbeat, bright and active. Stimulating, red is not a good colour choice for a mental institution. In decorating, red is usually used as an accent. Decorators use red as a focal point, a piece of signature furniture as it attracts attention.

Green

At the centre of the spectrum, green represents perfect balance, as the eye doesn't need to adjust to see it, requiring almost no effort. Nature's favourite colour, green creates the perfect backdrop for all floral blooms. We don't have to worry about matching the flowers with their background. Green is new trend for designers.

Brown

Considered an "earth tone," brown is easy to match. Wood or brown leather looks great in offices and places where firmness and focus is required. Like the earth, brown is strong and grounded, thus wood is a favourite design medium in law offices and courtrooms. But, it can also be sad and wistful. With the taupes now in the brown family, professional and amateur designers have many alternative colour scheme choices.

Black

Black is the colour of authority and power, and it's becoming very popular in interior design. It may seem daunting but a wall painted in black with some up-lighting makes quite a profound and dramatic statement. Great in leather or granite, black provides a contemporary and sleek look. Fantastic as an accent colour or bold on its own, black makes a powerful statement. It also lacks light, thereby obscuring flaws. But, be careful, as too much black may be depressing or may indicate that you're hiding something.

White

Symbolizing innocence and purity, white reflects light and is considered a summer colour. White is popular in decorating and fashion because it's light, neutral, and goes with everything. But, white walls or clothing shows dirt and is more difficult to keep clean than other colours. Great for a light and airy feel, the ever-whimsical and romantic white never goes out of style.

Purple

A colour for royalty, luxury and sophistication, purple is feminine and romantic, great for a girl's princess-themed bedroom. It can also be sensual, a perfect choice for a lingerie store. It can also be associated with mystery, magic and fortune telling.

Blue

The color of the sky and the ocean, blue is one of the most popular colours of the colour spectrum. As opposed to the dramatic red, blue is seen as peaceful, tranquil and causes the body to produce mood-calming chemicals, an ideal choice for bedrooms and hospitals. But, certain blue hues can also be cold and depressing, so be cautious when using it in a room that receives little sunlight. People are more productive in blue rooms. Studies show weightlifters are able to handle heavier weights in gyms with a blue colour scheme. Navy blue, a sign for organized and structured individuals, is a great colour for law or accounting firms. Lighten up the shade with stars or clouds for a romantic bedroom getaway.

The designer vocabulary

Monotone:

one colour or variations from the same family. A very classy way to make a space look well coordinated and larger. For a clean upscale look, try different shades and tints of the same colour.

Summer heat detrimental to pet health

Pet watch:

By Dr. Sandy Rice

Heat exhaustion is one of the most common but deadly summer hazards, especially for pets. Dogs and cats do not sweat like humans – the pads of their paws are the only areas that emit sweat.

Our furry pets must get rid of excess heat by panting (mostly dogs) and seeking shelter to allow their bodies to cool. Hot, humid conditions do not allow their bodies to cool appropriately. Here are a few tips to keep our friends cool this summer:

NEVER leave your pet in the car on a warm day, even with the window open. Panting will cause dehydration and increase the humidity in the car, making it impossible for your pet to cool themselves.

- Exercise your pets during the cooler hours of the day.
- Ensure access to shade and water at all times.
- Older animals are at increased risk of heat exhaustion. Use special care.
- Brachycephalic breeds (with flat faces) such as Shih Tzus, Boxers, Pugs, Bulldogs, Persian and Himalayan cats are particularly sensitive to hot conditions and have problems breathing.

If your pet shows signs of heat exhaustion – excessive panting or salivation, bright red mucous membranes, weakness or depression – take them to a cool, shaded area and hose them down with cool (not cold) water until body temperature returns to normal (38.5-39.5 °C).

If your pet is disoriented or having trouble standing , this is an emergency. Seek medical attention immediately.

Dr. Sandy Rice is a veterinarian at Fletcher's Creek Animal Hospital. He can be reached at 10 Earlsbridge Blvd., Unit 11, Brampton, ON L7A 3P1, Tel: 905-495-6600, email: info@fletcherscreekanimalhospital.ca.

Watch Your Asthma on Smog Alert Days Cautions Peel Health

(Brampton) - The start of summer promises warm weather and time spent outdoors. Unfortunately, it can also mean smog and poor air quality. As summer approaches, Peel Health wants to remind individuals with asthma to be aware of their symptoms and to be cautious on smoggy days.

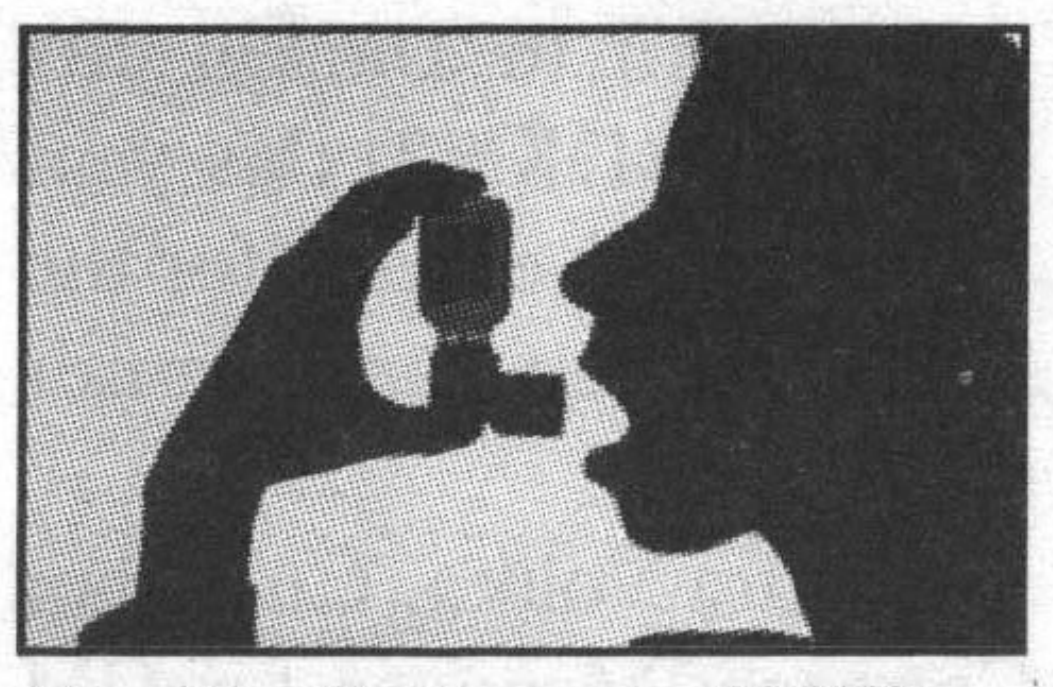
"People who have asthma have extra-sensitive airways and when they are exposed to 'triggers' such as poor air quality they can have difficulty breathing," said Dr. Howard Shapiro, Acting Medical Officer of Health. "If possible, they should avoid areas with heavy traffic, stay indoors in a well-ventilated area, be physically active indoors, and seek medical attention if they feel tightness in their chest or shortness of breath."

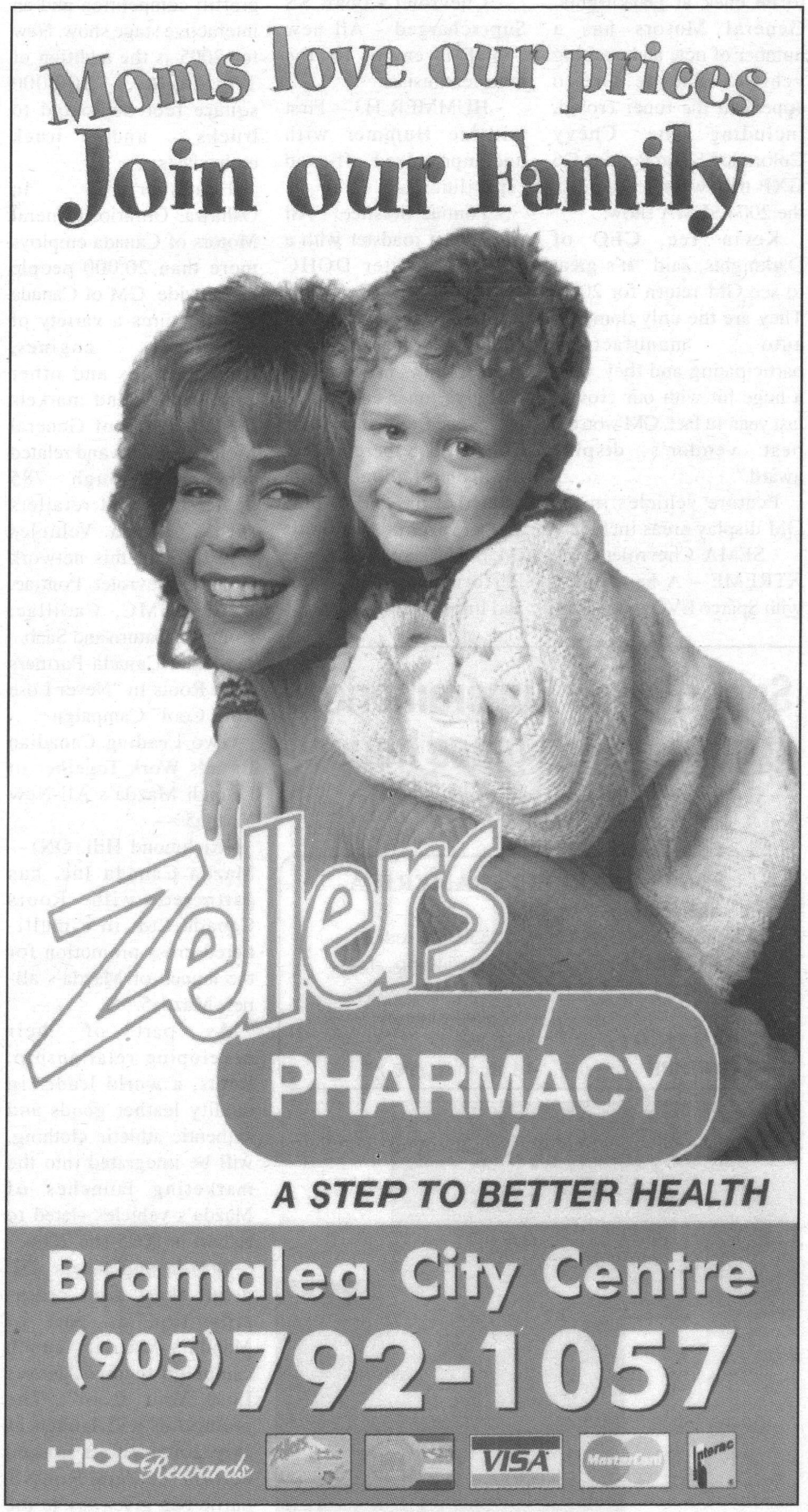
Asthma occurs in the smaller airways of the lungs. When irritated, the lining of the airways becomes swollen, the airways produce mucous and the muscles around the airways tighten. As a result, people with asthma can experience symptoms such as coughing, wheezing, shortness of breath and/or chest tightness.

"Asthma is the leading cause of hospitalization in Peel children under 10 years of age and the second most common cause for those 10-19 years old," said Regional Councillor Susan DiMarco, "We encourage residents to learn to recognize the symptoms and get help. With education and awareness asthma can be managed and people can still enjoy being active this summer."

"Asthma is the leading cause of hospitalization in Peel children under 10 years of age and the second most common cause for those 10-19 years old," said Regional Councillor Susan DiMarco.

If you or someone in your family has asthma, work with your physician to develop an Asthma Action Plan. The action plan helps you identify when your asthma is out of control and provides a detailed plan on how to manage asthma. It can be obtained by calling the Lung Association's Asthma Action Helpline at 1-800-668-7682. Asthma Education Centres which provide resources and education to patients with asthma are located at Credit Valley Hospital, Trillium Health Centre, or William Osler Health Centre.





GM Returns to Darknights Nationals

Oshawa,– After an exciting and successful debut last year, GM Canada will return to Darknights Nationals (DKN7) this year showcasing vehicles for the performance and tuner enthusiast.

Sandra Voitka, Customer Conquest Manager for GM Canada, said "We're excited to be back at Darknights. General Motors has a number of new and exciting vehicles that are sure to appeal to the tuner crowd, including the Chevy Colorado SS and Pontiac G6 GXP that were featured at the 2004 SEMA show."

Kevin Yee, CEO of Darknights, said "It's great to see GM return for 2005. They are the only domestic auto manufacturer participating and they were a huge hit with our crowds last year. In fact, GM won the best vendor's display award."

Feature vehicles in the GM display areas include:

· SEMA Chevrolet Aveo XTREME – A head-turner with Sparco EVO seats, Sony PlayStation 2 and 18-inch wheels

· SEMA Chevy Colorado SS – V8 powered Colorado producing 400HP

· SEMA Pontiac G6 GXP – Features a 3.6L HO V6 with 275 horsepower

· Chevrolet Corvette Z06 – A 505HP V8 race inspired Corvette

· Chevrolet Cobalt SS Supercharged – All new 205HP I4 engine for the tuner enthusiast

· HUMMER H3 – First midsize Hummer with uncompromised off-road capabilities

· Pontiac Solstice – All new 2-seat roadster with a 170HP 2.4-liter DOHC engine

Additionally, as part of GM Canada's participation in tuner shows in 2005, GM will give tuner enthusiasts the chance to win a 2005 Cobalt SS Supercharged. Electronic ballots can be entered at the GM display at Darknights Nationals (Markham), Sport Compact Performance (Montreal) and Importfest (Toronto).

The Darknights Nationals will be held at the Markham Fairgrounds on July 23rd and 24th, and features sport compact vehicles, aftermarket accessories and car audio sound systems. The show also includes live DJ's, extreme sports, a motorcycle stunt show, a graffiti competition and an interactive stage show. New for 2005 is the addition of Trucknights, 100,000 square feet dedicated to trucks and truck enthusiasts.

Headquartered in Oshawa, Ontario, General Motors of Canada employs more than 20,000 people nationwide. GM of Canada manufactures a variety of vehicles, engines, transmissions and other components, and markets the full range of General Motors vehicles and related services through 785 dealerships and retailers across Canada. Vehicles sold through this network include Chevrolet, Pontiac Buick, GMC, Cadillac, Hummer, Saturn and Saab.

Mazda Canada Partners With Roots In "Never Lose Your Cool" Campaign

Two Leading Canadian Brands Work Together to Launch Mazda's All-New Mazda5 —

(Richmond Hill, ON)—Mazda Canada Inc. has partnered with Roots Canada Ltd. in a multi-tiered cross-promotion for the launch of Mazda's all-new Mazda5.

As part of their developing relationship, Roots, a world leader in quality leather goods and authentic athletic clothing, will be integrated into the marketing launches of Mazda's vehicles slated to rollout in 2005 and 2006.

Mazda and Roots will debut their first cross-promotion as part of Mazda's Mazda5 launch campaign themed "Never Lose Your Cool". The promotion will launch in July 2005 with a limited edition custom Roots® duffle bag giveaway to the first 1,250 customers who purchase the all-new Mazda5.

The Mazda5, the latest addition to Mazda's vehicle line-up, is an unprecedented multifaceted, 3-row, 6-passenger vehicle that combines the dimensions, ease of use and value of a compact, and the sophistication, refinement and features of a premium import, with the ability to offer seating for a wide variety of passenger/cargo combinations. Like Mazda's RX-8 sports car, the Mazda5 breaks convention in seating access and interior design to create an entirely new type of vehicle.

The campaign aims to bring added-value to Mazda customers and exemplify the "Never Lose Your Cool" aspect of the new Mazda5. "Mazda Canada and Roots share a lot of the same values and attributes. Not only do our brands appeal to people who are young at heart and have a zest for life, but both companies have a strong commitment to quality products," said Ted Bartlett, Director of Marketing, Mazda Canada Inc. "We will be giving consumers top quality, innovative, cool co-branded products that exemplify the "Never Lose Your Cool" aspect of the all-new Mazda5. The partnership with Roots will help us bring this concept to life in exciting ways."

In the fall of 2005, Mazda and Roots will be launching a Mazda/Roots "Ultimate lifestyle Giveaway". In addition to the giveaway of a Mazda5 loaded with Roots merchandise, there will be Mazda5s placed in selected malls and Roots flagship locations. As well, consumers who test drive the new Mazda5 will be given a Roots gift card.

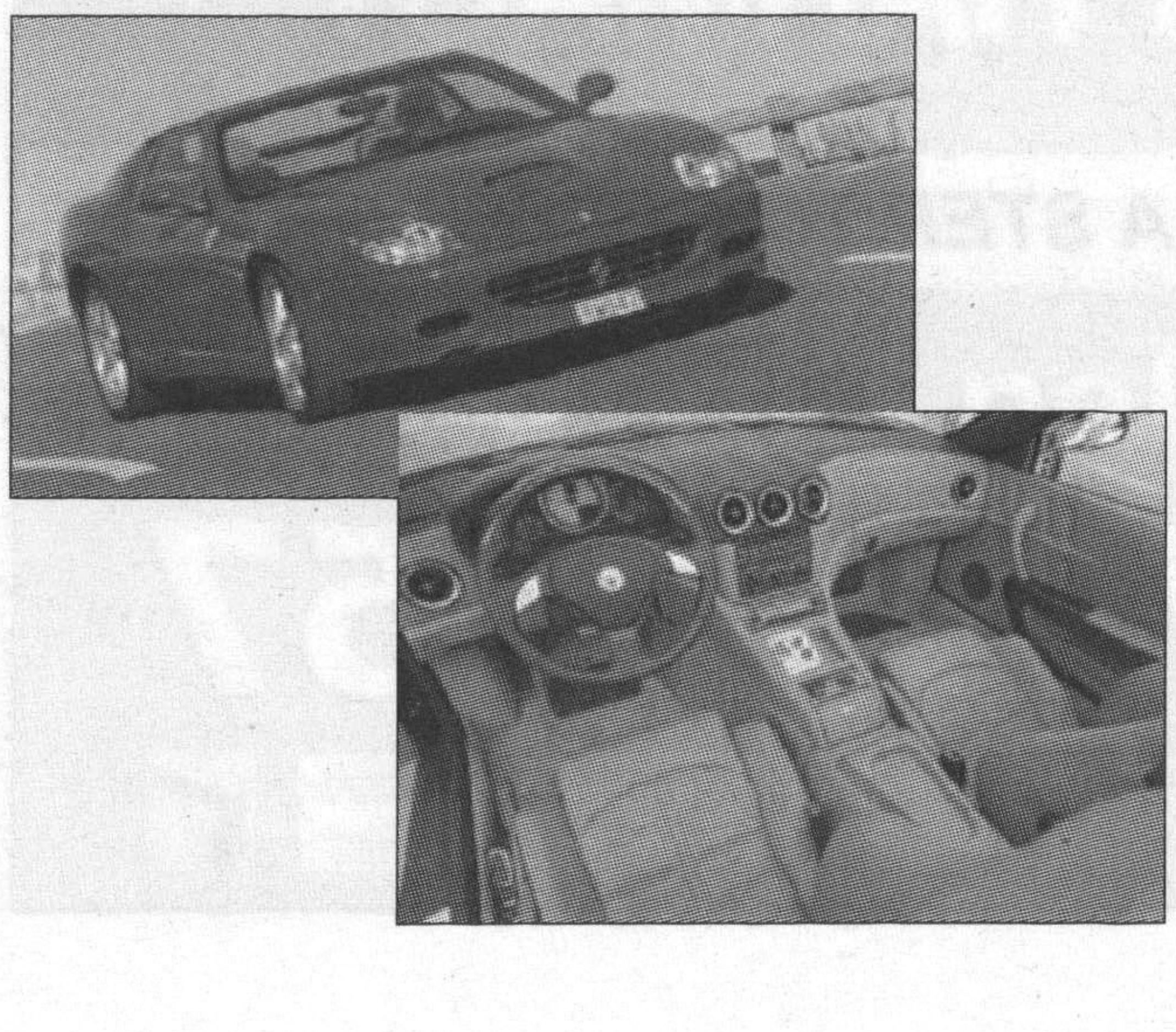
At the end of the year, Mazda and Roots will team up with Rogers Communications for a "Mazda5 Scratch and Win" contest. Consumers who visit a Mazda dealership will have a chance to scratch and win Roots prizes.

"Roots is thrilled to partner with Mazda Canada. Mazda embodies the same fun, trendy spirit as the Roots brand," said Robert Sarner, Director of Communications and Public Affairs at Roots. "We believe there is a tremendous opportunity to create promotions that are fun and exciting, and we're confident that the cross-promotions will benefit and resonate with today's consumers."

SuperFerrari Superamerica: If you live in a glass house, you'll love this cabrio

2006 FERRARI SUPERAMERICA

ON SALE : Now
BASE PRICE : $330,000 (est.)
POWERTRAIN : 5.7-liter, 540-hp, 434-lb-ft V12; rwd, six-speed manual
CURB WEIGHT: 3946 lbs
0 TO 60 MPH : 4.1 seconds (mfr.)



NISSAN VEHICLES IN JAPAN GET IPOD CONNECTIVITY

TOKYO —Nissan Motor Co., Ltd., today released a new all-in-one audio visual navigation system created exclusively for Nissan vehicles which enables music fans to connect their iPod* to the system with a designated connector cable for a seamless iPod experience on the road.

"We are very excited to be collaborating with Apple on this project," said Carlos Tavares, Nissan executive vice president and head of planning and design. "The new HC705-A navigation system gives customers the best possible in-car control of iPod through the system's innovative 7-inch wide touch-panel display. It also allows customers to enjoy their iPod in the car without any concern about battery life."

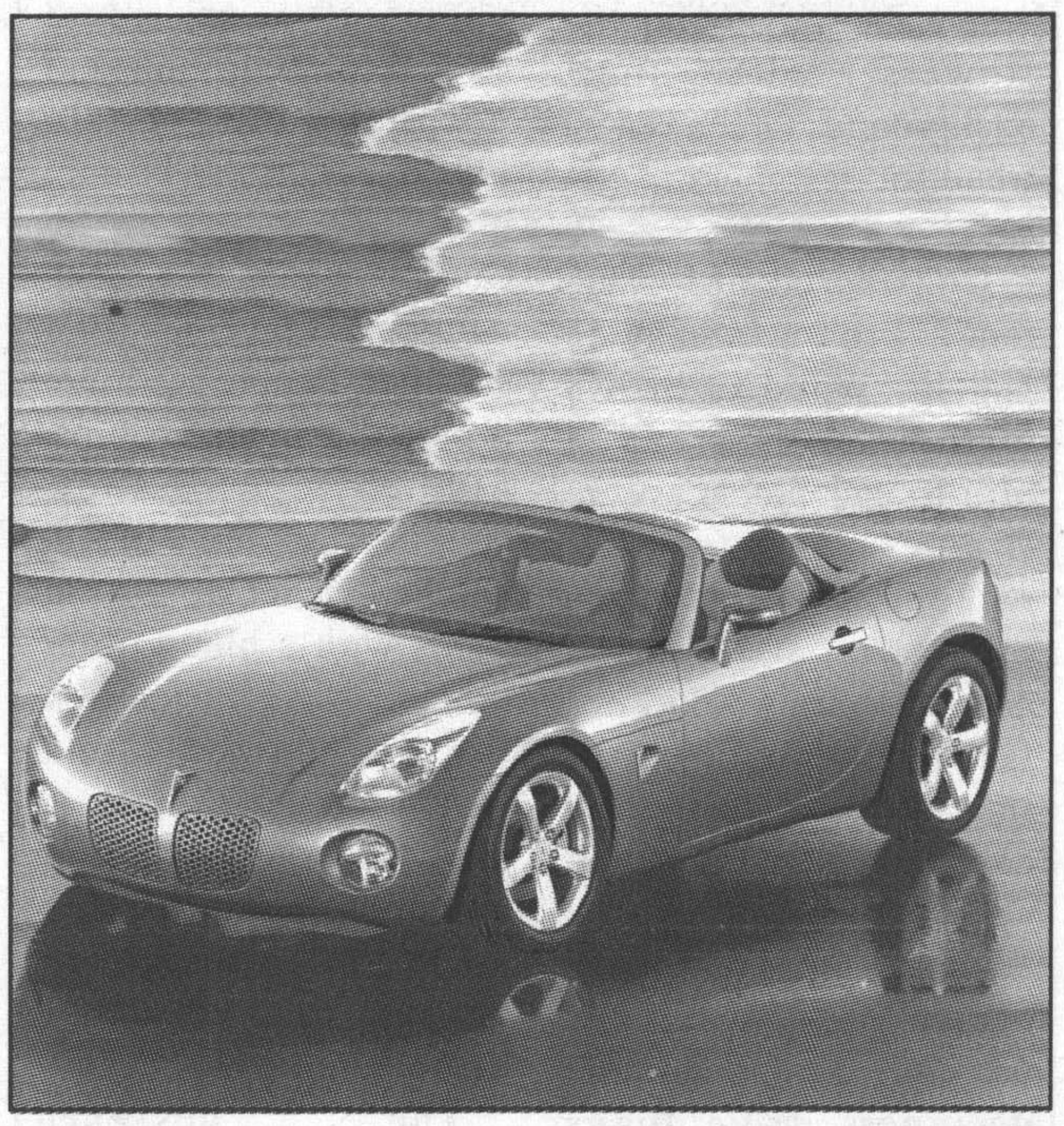
The iPod remains automatically charged when hooked up to the navigation system with the connector cable, a convenient feature for long trips.

In addition to iPod connectivity, the new high-spec hard disk drive navigation system offers numerous other features, including Nissan's CARWINGS telematics service, CD/MD/DVD playback and music recording capability.

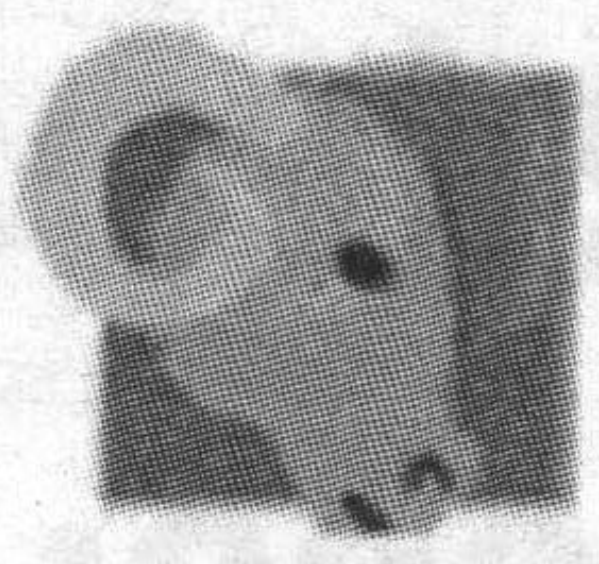
The navigation system, a dealer-installed option, retails for 315,000 yen. The system is available at all domestic dealers starting from today and can be fitted on 11 Nissan models, including the Serena minivan, the Tiida compact car, the X-TRAIL SUV, and the Moco minicar. The connector cable, which is sold separately, retails for 20,865 yen. The cable supports all iPod models with dock connector.

*iPod is for legal or rightholder-authorized copying only. Don't steal music. iPod is a trademark of Apple Computer, Inc., registered in the U.S. and other countries.

New roadsters to hit dealers in August



Pontiac will begin shipping its new 2006 Solstice roadster to dealers the first week of August, division general manager John Larson told reporters in Portland, Ore., on Tuesday night. Pontiac expects to deliver several hundred Solstices to dealers that month. All of those will go to buyers who paid deposits on the car during its debut on the NBC reality show "The Apprentice" in April. In addition, Pontiac dealers have taken cash deposits from about 9,100 other buyers. General Motors Corp. expects to build as many as 1,500 Solstices a month when its Wilmington, Del., plant reaches capacity.



Aries

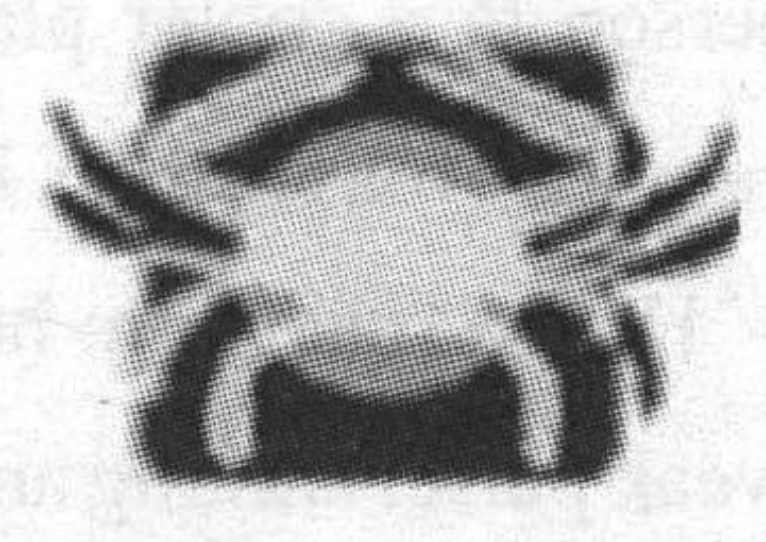
With a triangle of energy connecting the fire signs, you have never been more determined to make your mark and succeed in reaching your goals. And now that Saturn has moved into Leo you are even more alert to the necessity of pacing yourself and getting some serious results - ones that will really count. As if to add to your ambitions, there is a Full Moon in Capricorn on Thursday, which is going to allow you a glimpse of what you are capable of if you can move out of your comfort zone. Issues are likely to arise that will encourage you to think about diversifying for different results. But don't make any hasty decisions on Thursday as you may be in more of an emotional mood than usual, so wait until things have calmed down just a little. This is also the week when Mercury turns retrograde, which happens on Friday. Mercury is in Leo, in your fifth house of love and creativity, so you may experience delays in these areas. It is time to take a look at what you have accomplished and to consolidate your efforts. It is also a great time to get rid of any clutter that is clogging up your life. The Sun conjuncts Saturn on Saturday, so you will have to discipline your responses.

Taurus

You will be aware of a change of tempo now that Saturn has moved into Leo. There is a push by the cosmos to encourage you to look deep into the reasons why you are as you are. This includes issues buried within the unconscious and also matters associated with your ancestry that may be having an effect upon you. There is a Full Moon in Capricorn on Thursday, which is going to highlight affairs that have shaped your beliefs. You may perceive certain issues as being set and unable to change, but it is your thoughts about the problem that are proving so hard to transform. The Full Moon will bring you the opportunity to see how emotionally charged certain issues are and perhaps offer an insight into how you could make a difference if you really wanted to. Your reactions will be the key to resolution. Mercury also turns retrograde this week on Friday, and this is going to affect issues associated with home and family affairs. It is not a good time to sign any contracts or to think about making major arrangements associated with family or property affairs. You will be better to wait until after August 15 when it turns direct once again.

Gemini

This week may throw up a few interesting issues to consider, especially in the field of communication, which is your favorite. Saturn has now moved into Leo, and you will become much more serious about the way you frame your words, what you have to say and who you need to say it to. If you work in the media or any related field you may find that you start to get a lot more demands for your services, so you will be very busy. But the other cosmic factor that is also going to affect you this week is that Mercury, your ruling planet, turns retrograde on Friday until August 15. This is going to delay your plans for a number of reasons. It is great for research and for formulating new ideas, but not so good for putting them into action. If you have contracts to sign of any kind, then you will benefit most by leaving them until Mercury turns direct again. But this phase is excellent for clearing out office clutter and sorting through old papers with a view to making more space for yourself. The Sun conjuncts Saturn on Saturday, so your thoughts will tend to be more serious.



Cancer

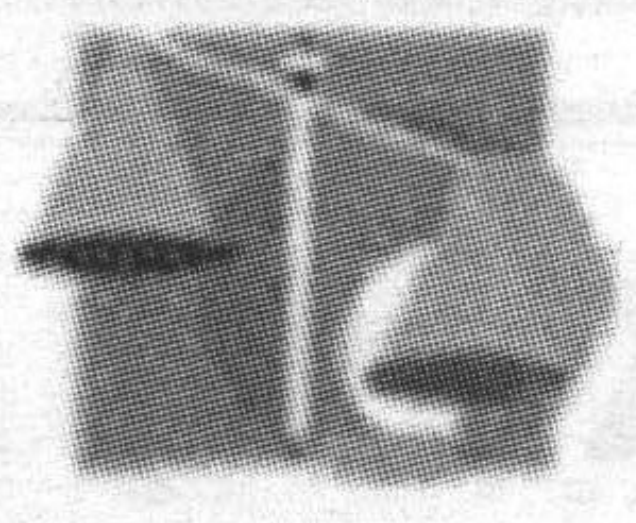
Saturn has now moved out of your sign and into Leo, making you much more aware of your financial situation, and of how you can make it work much better for yourself. You should begin to feel easier about things and far less pressured over the coming weeks and months. Now you want to improve your work, career and lifestyle situation. This is where you can use the power of Saturn to make concrete plans and to take steps to channel your energy into projects that will be of great benefit to you. But at the same time, as your determination comes to the fore, Mercury turns retrograde in the personal financial sector of your chart, which means this is not such a good time for signing new financial agreements or making major purchases such as cars or computers. It is better to wait until Mercury turns direct on August 15. But this period will work out well for clearing out financial clutter, sorting through old bills and generally researching new options. A Full Moon in Capricorn brings relationship issues to a head on Thursday.

Leo

Saturn has now moved into your sign, which is bringing you down to earth. You now have control over aspects of your life that may have evaded you. In particular your situation at work should become a lot easier, as you find that the situation that had prevented you from making progress will now vanish. You can plan your moves and know that you have a more than reasonable chance of them being successful. There is a Full Moon in Capricorn on Thursday. This is going to highlight your current work situation and may bring a number of issues to your immediate attention. You may find yourself reacting to things that normally would not bother you, as feelings rise forcibly to the surface. But don't make any snap decisions. It is better to wait until the atmosphere has calmed down before you make a move. Mercury also turns retrograde this week in your sign on Friday, which is going to delay any plans that you want to forge ahead. Use the coming weeks to cover any backlog, review important issues and research anything on which you need more information. But this won't be a good time to sign new contracts or agreements. The Sun conjuncts Saturn on Saturday, putting you in a more serious mood.

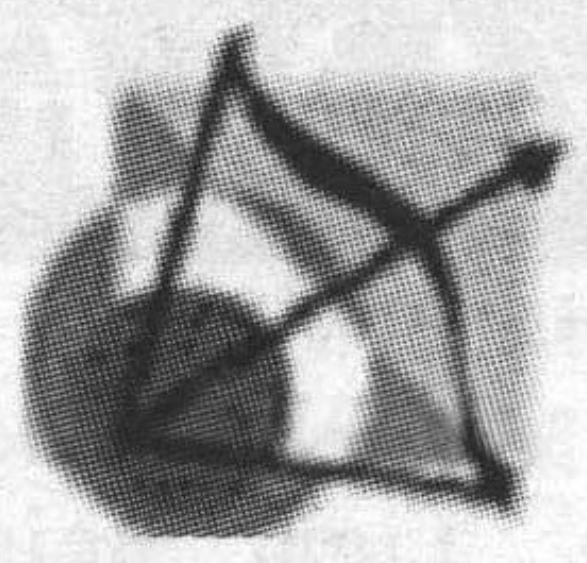
Virgo

Saturn has moved into the twelfth house of your chart, which is going to dissolve any barriers and limitations that have passed their usefulness. The area of your life in which you are going to feel this most is in association with your creativity and ability to express yourself freely. Walls will come down, and you will need to reframe the way you create and put yourself out into the world; this applies to your love life as well. There is a Full Moon in Capricorn on Thursday, which is going to bring your attention to issues associated with your creative abilities. If you run your own company or are involved in speculative activities, this isn't the best of times to make a snap decision, as you may be overreacting to events and not thinking things through in a clear and logical manner. Projects you have worked on over the past couple of weeks may come to fruition, allowing you to harvest results. But Mercury will turn retrograde on Friday in Leo, which is going to bring about delays and create confusion when you least expect it. Don't sign any important documents or contracts until it turns direct once again on August 15.



Libra

Saturn has now moved into Leo, bringing you a chance to wield greater choice and responsibility when it comes to choosing your friends and your long-term dreams. Saturn encourages you to think very carefully about how you use your energy in a social context, and also to think about those times when you have been out with people and realized you had nothing in common. Now you need to take this kind of situation in hand, developing sound relationships based on mutual support. Forget those that you feel are more dubious in nature. There is a Full Moon in Capricorn on Thursday and this is going to highlight issues at home and family affairs. The tendency may be to overreact and this won't really help matters at all, especially as you need to be calm to make a reasonable decision. So give yourself a few days grace period if one issue seems to be bringing up powerful feelings; then take time to decide what to do next. Mercury is also going to turn retrograde in Leo on Friday, and this will bring about delays in any plans you have. If you have arranged meetings or outings, there is a chance they will be called off or rearranged. Best to go with the flow until Mercury turns direct on August 15.



Sagittarius

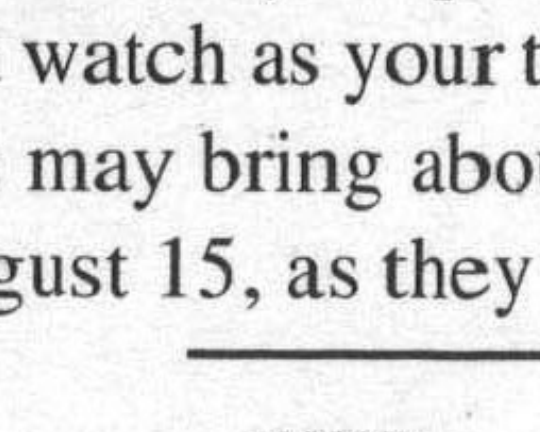
Saturn is now in Leo and encouraging you to think very carefully about your beliefs and also your hopes for the future. If you have ever wanted to learn a new skill to add to your skill base this is time to go for it. You will flourish with Saturn in charge to help you remain disciplined. If you travel abroad, it will be because you have some more pressing matters to attend to, and any vacation time will tend to be incidental to your main concerns. Mars continues in Aries to brighten up your love life, providing you with passion and enough energy to have a great time. There is a Full Moon in Capricorn, which highlights your personal financial affairs and shows up those sneaky areas that might need some attention. There is no point in overreacting to issues as this won't help. Wait a few days until you are calmer and can make a more informed decision. Mercury turns retrograde on Friday in Leo which may bring delays to any legal issues or travel plans that you have in the go right now. Don't try to conclude any legal matter or sign anything important until Mercury turns direct once again on August 15.

Capricorn

Saturn has just moved into Leo where it is taking command of your joint financial affairs and your sex life. Now you can be focused and disciplined. You can learn how to conserve vital energies of all kinds for those people and things that are really important to you. If you are good at managing your money you will become even better. If you haven't learned the tricks of the trade yet, Saturn will make sure you do - in no uncertain terms. Discipline isn't necessarily boring; it is power and passion confined within certain limits, which can move mountains when applied correctly. There is a Full Moon in your sign on Thursday, which is going bring up a number of strong emotions that may have been rumbling beneath the surface. Don't overreact and cause yourself a problem. It is better to wait until things have calmed down before you make a move. Mercury turns retrograde in Leo, which is going to bring delays to joint financial issues until August 15, when it turns direct once again. Don't sign any new financial agreements, as these will be subject to changes. It is better to wait until you get the green light from the cosmos.

Aquarius

Saturn has now moved into your opposite sign of Leo, which is going to put the focus on relationships. This is not just in association with romantic partnerships, but also with all other one-on-one interaction. Saturn has a way of weeding out the genuine article from the fake imitation. So, during its stay in this part of your chart, you will get to recognize the truth about those you habitually spend a lot of time with. There is a Full Moon in Capricorn on Thursday and this is going to highlight those subtle impressions that may have been trying to make themselves known to you. Your dreams may be particularly powerful so make note of them as they could contain very useful guidance. If you feel very tired or out of sorts, do take a rest and watch as your thoughts trawl lazily across the surface of your mind - you may pick up on a brilliant idea. Mercury turns retrograde in Leo on Friday, and this may bring about confusion in relationships whether business or romantic. Don't sign any agreements or contracts until Mercury turns direct again on August 15, as they will be subject to change otherwise. It is a good time to clear the air and make peace with anyone you have had a problem with.



Pisces

Saturn has now moved into Leo, encouraging you to get very serious about your health, your diet and your lifestyle in general. You will also want to get serious about your attitude to your job. If you have been burying your head in the sand in regard to any of the above issues, then it is time to do something. If you don't then you will be forced by the cosmos to take a stand, so it is better to dig your heels in and start to work on those issues that you know deep in your heart need work. There is a Full Moon in Capricorn on Thursday and this is going to highlight any social events you are going to be involved in at that time. Parties will go well, and you won't need much alcohol to feel spirited - just those moonbeams. Don't overreact if a friend should say something to you that seems out of order; you will have forgotten about it in a day or two, so smile and walk away. Mercury turns retrograde on Friday and this is going to delay projects or plans associated with your job. But it is an excellent time to sort out any backlog and to clear out any clutter that is getting in your way.

Peel Health recommends the following steps to be taken to prevent heat related illness:

Signs of Heat Illness

Sunburn: redness, pain, swelling of skin, blisters, fever and headaches.

Treatment: Leave water blisters intact to speed healing and avoid infection. If breaking of blister occurs, apply dry sterile dressing. Serious cases should be seen by a physician.

Heat Cramps: painful muscle spasms usually in the legs but possible in abdomen; heavy sweating.

Treatment: Apply firm pressure on cramping muscles or gently massage to relieve spasm. Give sips of water. If nausea occurs, discontinue sips of water and move the person to a cooler place to rest in a comfortable position. Observe the person carefully for changes in condition.

Heat Exhaustion: heavy sweating and weakness; cold, pale and clammy skin; weak pulse, fainting and vomiting; core temperature usually 38.8 Celsius or higher, but normal temperature possible.

Treatment: Get the person out of sun. Move the person to a cooler environment. Lay the person down and loosen clothing. Apply cool wet cloths and give sips of water. If nausea occurs, discontinue sips of water. If vomiting continues, seek immediate medical attention.

Heatstroke: severe medical emergency, high body temperature (41 degrees Celsius or higher); hot, dry skin; rapid and strong pulse, possible unconsciousness.

Treatment: Call 911. If you're unable to get the person to medical help immediately, do the following:

- Move person to a cooler environment
- Remove outer clothing
- Reduce body temperature using lukewarm (not cold) water to bathe/ sponge the person
- Do not give fluids

Recommendations

1. Limit time in the sun when UV radiation is most intense, between 11 am – 4 pm.
2. Electric fans will not prevent heat related illness. Take cool showers/ baths.
3. During extreme temperature conditions, stay indoors, and if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall, library, recreational facilities or heat-relief shelters.
4. Be aware of signs and symptoms of heat cramps, heat exhaustion, and heat stroke. Follow first aid procedures promptly.
5. When in the sun, wear a wide brimmed hat (or with back flap), UV protective sunglasses, loose-fitting long shirts and pants.
6. Apply sunscreen (SPF 15 or higher), 20-30 minutes before going outside to ensure absorption.
7. When using DEET insect repellent, apply 20-30 minutes after sunscreen has been applied.
8. Sunscreens/insect repellents are not recommended for infants under 6 months of age. Keep babies under 1 year of age out of direct sunlight.
9. Seek shade (natural or artificial structures) whenever possible for outdoor activities/rest.
10. Check regularly on children, elderly, persons with disabilities and individuals with chronic illnesses; ensure they are well hydrated (plain water is the liquid of choice). Decrease intake of caffeinated/alcoholic beverages during hot days.

NEVER leave anyone (including pets) in a closed, parked vehicle.

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People At Risk For Heat Related Illnesses

- The elderly
- People with certain chronic illnesses such as heart conditions or people unable to move or change position by themselves
- Infants and preschool children
- People who exercise vigorously or are involved in strenuous work outdoors for prolonged periods
- People taking certain medications, including those for mental conditions (please consult your doctor or pharmacist)
- Extremely obese persons
- Alcoholics

Some health conditions that put people at increased risk:

- Obesity
- Sweat gland diseases
- Diabetes
- Dehydration
- Malnutrition
- Low blood pressure
- Heart disease

Source: City of Toronto, Public Health.

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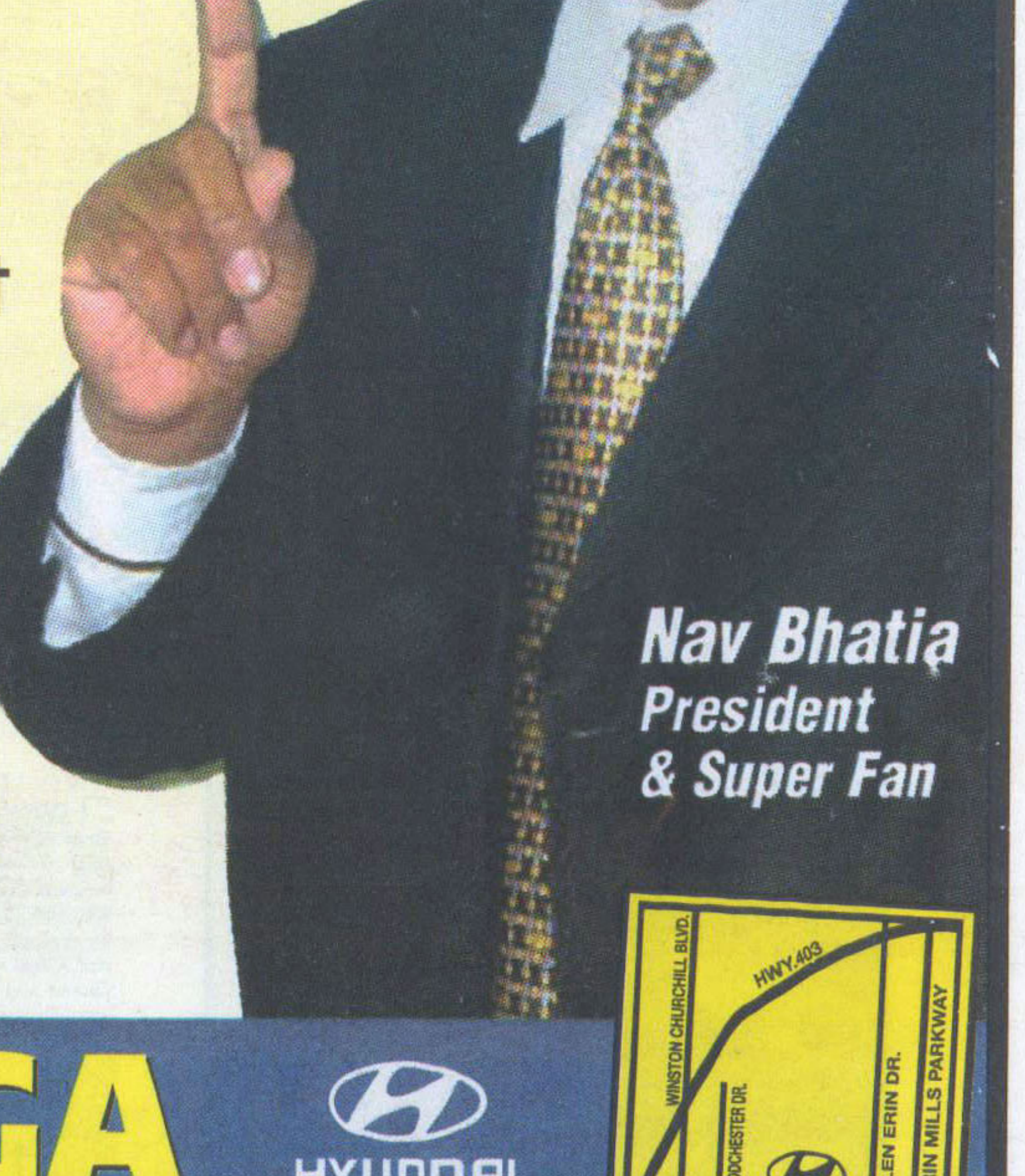

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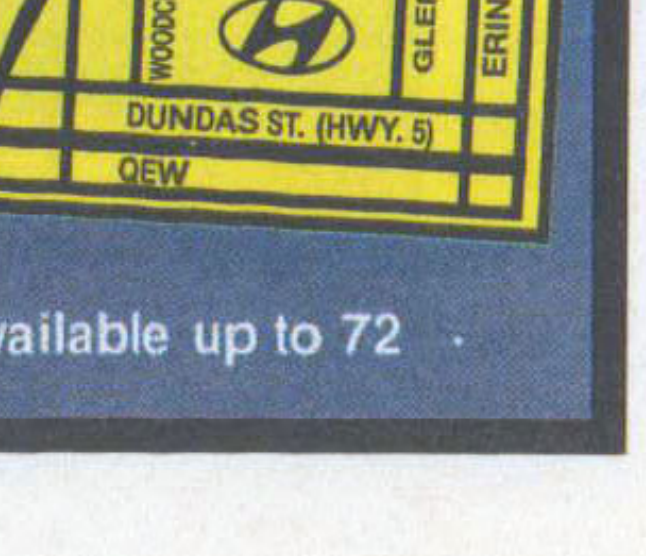

*All purchase/lease offers are for a limited time, while quantities last, O.A.C. All cash purchase and MSRP prices exclude freight ($799.), license, P.D.E. and all applicable taxes. Dealer may sell for less. †0% purchase financing available up to 72 months on selected models O.A.C. Limited time offer. See dealer for details.

AIRPORT NISSAN

40TH ANNIVERSARY

ATTENTION

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0.8% LEASE OR PURCHASE FINANCING*

OR LEASE FOR **$179** PER MONTH† FOR 60 MONTHS

$0 SECURITY DEPOSIT DOWNPAYMENT OR EQUIVALENT TRADE OF $1,695 (Freight and PDE included)

WELL EQUIPPED AT $17,098

- 126-HP Engine • Air Conditioning • AM/FM/CD Audio System • Power Locks • And More…

INCLUDES $700 IN THESE NO CHARGE OPTIONS

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CHOOSE YOUR PAYMENT

(60 MONTH LEASE)

$179/MONTH	$1,695 DOWN
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$209/MONTH	$0 DOWN

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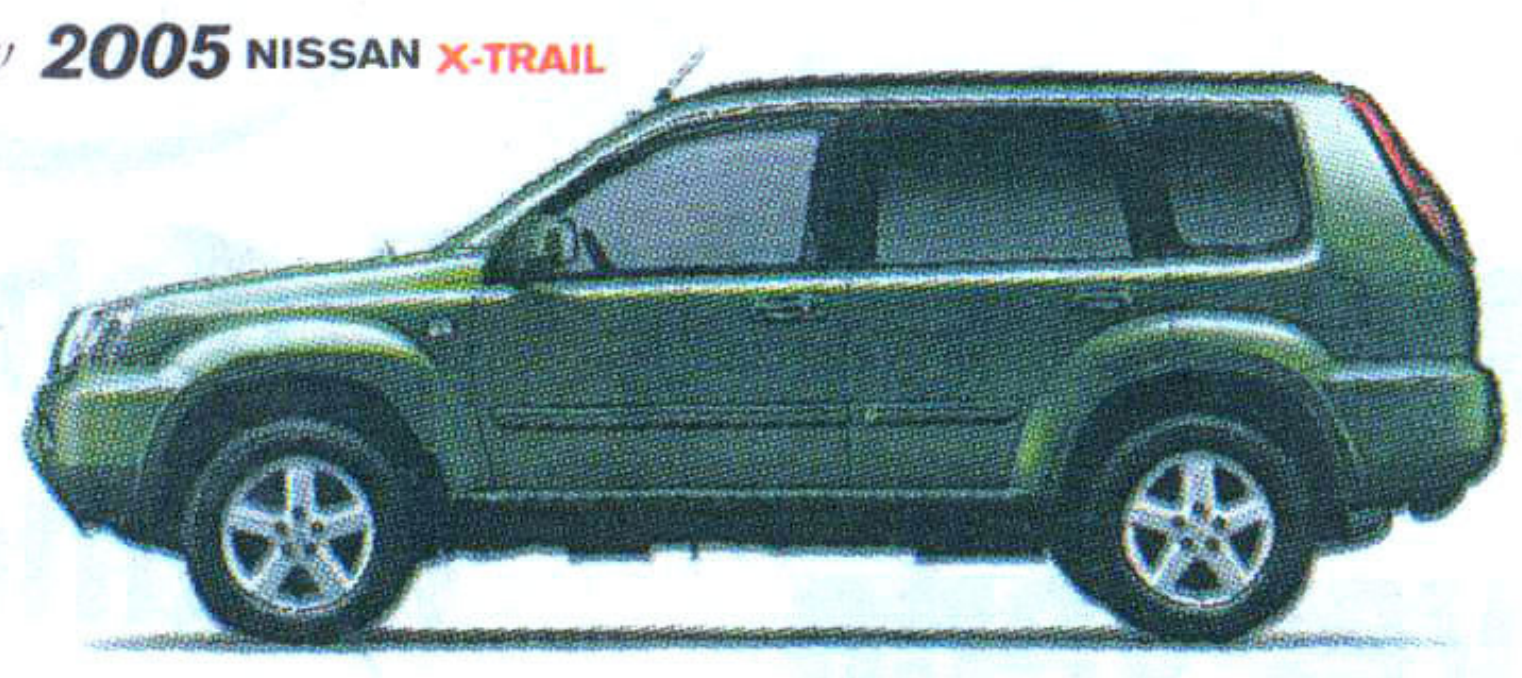


0.8% LEASE OR PURCHASE FINANCING*

OR LEASE FOR **$259** PER MONTH† FOR 48 MONTHS

$0 SECURITY DEPOSIT DOWNPAYMENT OR EQUIVALENT TRADE OF $4,494 (Freight and PDE included)

WELL EQUIPPED AT $27,398 MSRP • All Wheel Drive • Rear Privacy Glass • Power Heated Outside Mirrors • Leather Wrapped Steering Wheel • ABS • 6-way Manual Drivers Seat with Lumbar Adjustment • 60/40 Split Folding Rear Bench Seat with Ski Pass Thru • Washable Cargo Floor • Air Conditioning • Remote Keyless Entry • Power Windows • And More…

0.8% LEASE OR PURCHASE FINANCING*

OR LEASE FOR **$279** PER MONTH† FOR 48 MONTHS

$0 SECURITY DEPOSIT DOWNPAYMENT OR EQUIVALENT TRADE OF $5,483 (Freight and PDE included)

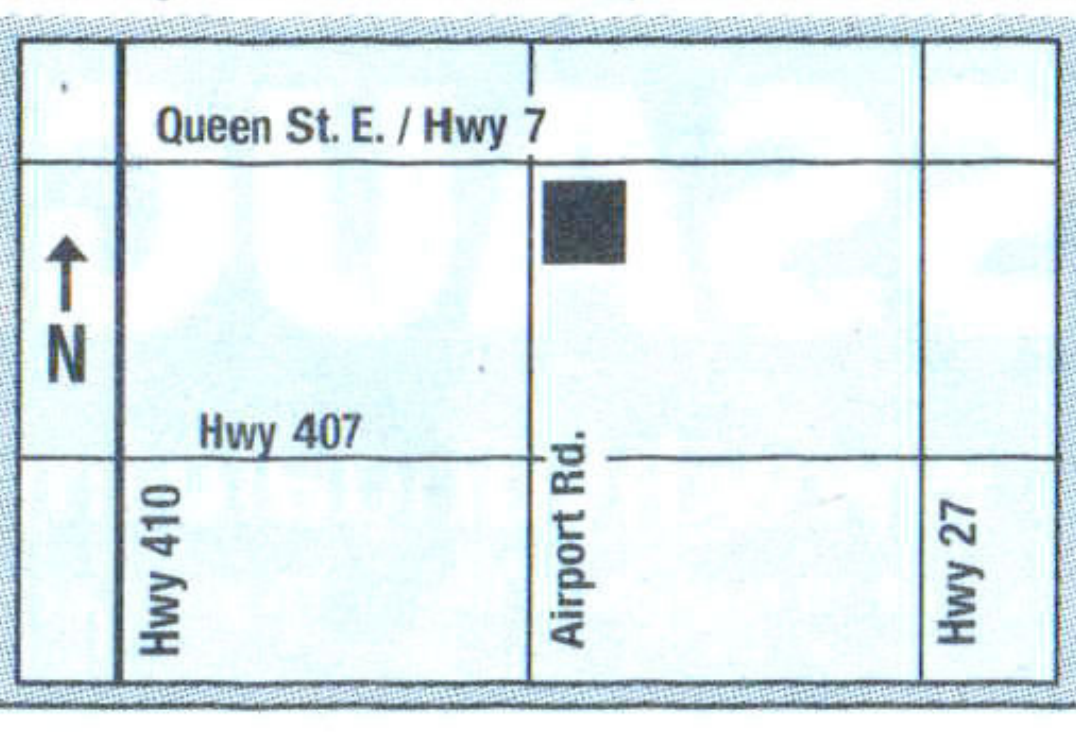
WELL EQUIPPED AT $31,698 MSRP

240 HP 3.5-litre V6 engine • 4-speed automatic transmission • Traction Control System (TCS) • AM/FM/CD audio system (150 watts) • Privacy tinted glass • Front and Rear air conditioning • Curtain side impact airbags • Power windows • Remote keyless entry • Nissan Advanced Airbag System • 4-wheel vented disc brakes with Anti-lock Braking System (ABS) • 7-passenger seating system • Active front head restraints • Anti-theft System • Heated front seats • Trip computer • Fold-Away™ 2nd row captain's chairs • 3rd row Fold-Away™ bench seat with fold-flat capability • And More…

THE 2005 NISSAN QUEST

*, † Offers are on new 2005 **Sentra** Special Edition (C4CG55 AA00): 0.8% ALR on 24 month term, 60 month lease with 1.8% ALR and 0.8% financing for up to 36 months; 2005 **Altima** Extra (T4RG75 CK10): 0.8% ALR on 24 month term ,48 month lease with 1.8% ALR and 0.8% financing for up to 36 months; 2005 **X-Trail** XE (Y6RG55 AA00): 0.8% ALR on 24 month term, 48 month lease with 1.8% ALR and 0.8% financing for up to 36 months; 2005 **Murano** SL (L6TG15 AA00): 1.8% ALR on 24 month term, 48 month lease with 2.8% ALR and 1.8% financing for up to 48 months; 2005 **Quest** (V6RG75 AA00): 0.8% ALR on 24 month term, 48 month lease with 1.8% ALR and 0.8% financing for up to 36 months. Leases based on a maximum of 24,000 km per year with excess charged at $0.10/km. License, insurance, registration fees, PPSA, and taxes are extra and must be paid at the time of transaction. Dealer may sell/lease for less. Dealer order/trade may be necessary. Financing Examples: $15,000/$30,000/$40,000 at 0.8%/0.8%/1.8% per annum for 36 months equals $421.83/$635.26/$1142.21 per month. COB is $185.72/$492.56/$1,119.70 for an obligation total of $15,185.72/$30,492.56/$41,1119.70. **No-Charge options calculated between 2004 Sentra Value Option Package and 2005 Special Edition, for Altima-$1,000 in extra value reflects price difference between 2.5 S models versus 2.5 S Extra model. Dealer participation may be required. Lease rates do not include dealer administrative fees on all 2004 and 2005 models. ††Based on comparison of all 2004/2005 competitive models using 2004 Energyguide Fuel Consumption Ratings. ‡Nissan Graduate Program available on new 2004 Xterra and 2005 Xterra, Sentra, Altima and X-Trail models. First payment due 120 days after lease signing on all new and demo 2005 Sentra Special Edition 1.8 models. Not available on pre-paid leases. Vehicle models and wheels not exactly as shown and used for illustration purposes only. The Nissan names, logos, product names, feature names, and slogans are trademarks owned by or licensed to Nissan Motor Co. Ltd and/or its North American subsidiaries. All offers are O.A.C. available for a limited time, may change without notice and cannot be combined with any other offers.

NISSAN GRAD PROGRAM‡



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